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ALGARY • TUESDAY MARCH 23 2010

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Advertising Feature

## Woman Walks from Coast to Coast



**Jacqueline Davies never got lonely as she walked from one coast to the other.**

**TORONTO – Meet Jacqueline Davies. On the surface, she appears like your everyday average Canadian. But there's something special about Jacqueline: she recently finished walking from coast to coast.**

That's right. No joke. She started in Gander and, over the course of 14 months, walked all the way to Vancouver, stopping only for food and sleep. When asked what possessed her to set out on such a grand and bizarre undertaking, Jacqueline answered, "I like to walk. A lot. Also, Canada is awesome. I wanted to see it."

But how did she overcome the loneliness of spending hours on end walking, with nobody to talk to and no TV shows or Internet? Simple. "I had my TELUS phone with me, so I never got lonely in the first place," she said. Makes sense, since TELUS has a huge, fast mobile network with loads of coverage from coast to coast.

"I shared the walk with my family, every step of the way – blogging, texting, talking ... whatever. I never felt alone. Not once."

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## Soldier hurt in Afghanistan dies in hospital

**EDMONTON** Surrounded by friends and family, a Canadian soldier critically injured earlier this month in Afghanistan has died in hospital in Edmonton.

Cpl. Darren James Fitzpatrick of Prince George, B.C., died Saturday afternoon at the University of Alberta Hospital.



Darren James Fitzpatrick

The 21-year-old with the 3rd Battalion Princess Patricia's Canadian Light Infantry was on foot patrol with Afghan forces on March 6 west of Kandahar city when he was badly wounded by an improvised explosive device.

THE CANADIAN PRESS



Advertisements from a city condo developer have caused a stir, with some suggesting they have a negative sexual connotation. Story, page 3.

## Condo residents burned by fire mulling lawsuits

Some eye legal action against smoker who accidentally set blaze

KRISTA SYLVESTER  
[krista.sylvester@metronews.ca](mailto:krista.sylvester@metronews.ca)

**Lawsuits are on the minds of some condo residents after learning the official cause of the devastating Millrise fire last week was a carelessly discarded cigarette butt.**

Although fire officials declared the blaze accidental in nature, resident Lindsay Holoyuk said she may sue the resident who unknowingly started the blaze that spread across 158 units.

"I am a smoker and even I know not to just throw a

**"I am a smoker and even I know not to just throw a smoke out."**

Lindsay Holoyuk, resident

smoke out, and I'm only 25. I just think it's common sense and can't believe a smoke has ruined so many lives," she said.

Even more concerning to Holoyuk was pulling up to the remains of her condo yesterday and witnessing a cleaning crew throwing

things out of her apartment into a dump truck.

"I'm upset. Nobody is telling me anything and that is my stuff. I was supposed to take photos for my lawyer and I don't have insurance and I don't know what they are doing in there."

While some may pursue legal action, another resident changed her mind when an insurance adjuster found a fourth-generation heirloom ring amongst the charred remains of her home.

"It's my diamond in the rough. I said everything

would be better for the rest of my life if I could just somehow get that ring back and they actually found it. It was the only thing left in the condo not burned," Joanne Lipinski said.

"I don't care about all of the stuff I lost now that I got the ring back."

Fire spokesperson Jeff Budai said this is the second time this month a carelessly discarded smoke has caused a fire.

"It's really unfortunate for the residents and it was an accident, but people need to be more diligent," he said.

## Ban iPods, phones for bus drivers: Testimony

**INQUIRY** A police officer who responded to a fatal crash between a school bus and parked gravel truck has told a judge that bus drivers shouldn't have access to iPods or cellphones.

Const. Robert Pughe recommended the safety measures yesterday on the first day of a fatality inquiry into the death of nine-year-old Katherynn Occena in October 2007.

Pughe said bus driver Louise Rogers said she was listening to her iPod and may have fallen asleep before the crash on a major Calgary thoroughfare. Rogers also had two cellphones within reach, but there's no indication she used either before the crash.

"It just seemed like she had too much going on within that driver's compartment," Pughe said.

The right side of the bus was sheared off as it slid alongside the gravel truck, which was parked in an emergency lane. The bus then slammed into a light standard and came to a stop.

Rogers pleaded guilty in 2008 to careless driving and was fined \$2,300, a punishment Occena's mother called a joke.

Police said at the time that they concluded "momentary inattention" caused the crash and more serious criminal charges were not warranted.

A fatality inquiry looks at ways to prevent future deaths but cannot lay blame.

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## Celebrity Buzz pg 22

**Alleged mistress praises James**



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# Local



## Facelift for council chambers

City council approved the plan to renovate the existing city council chambers that is expected to improve the accessibility of council chambers for people with disabilities. The work is expected to begin after the last council meeting in July and be open for the new council's swearing in, in late October. The cost is \$1.5 million.

METRO CALGARY

### News in brief

**DEATH** Head injuries caused by blunt force trauma were determined as the cause of death for 55-year-old Lorne Kvale of Calgary. Kvale was found lying unconscious in a parking lot early Sunday, and investigators believe he may have been involved in an altercation in the parking lot in the 200 block of 52 Street NE. The incident is still under investigation.

METRO CALGARY

Following news stories on Twitter...

### CalgaryTweets

**@laingearge** Signal issues on train between university station and dalhousie, trains moving very slow!!! #yyc  
**@designerjohn** Sad to see all the naysayer comments about the new St. Patrick's bridge in #yyc. I think it will be a great addition to the East Village.  
**@robertmbean** 3rd condo building burned to the ground in 2 years same unanswered questions. #ableg #abgov #yeg #yyc  
**@juniper\_gal** My kingdom for a trade paperback copy of Findley's Spadework! I can't find a copy anywhere in #yyc. Ah, the burden of being particular...

## Slogan not going down easy

KRISTA SYLVESTER  
 krista.sylvester@metronews.ca

An "easy as a 25-year-old blonde on scotch" marketing campaign has landed a local development company in hot water with a group of Calgarians.

Point of View's MidTown Calgary Condos ads can be seen above urinals at various Calgary watering holes and have since ignited a heated debate on social media sites Twitter and Facebook.

"As an advertising professional I get the idea, but the execution is missing the point and comes across in poor taste," Jillian Yaehne said.

The ads in question contain the slogan: "a \$20,000 down payment is as easy as a 25-year-old scotch, or a 25-year-old blonde on a 25-year-old scotch. Get on it."

Marketing manager for Point of View, Clark Hogan, defended the ads saying they were never meant to be offensive.

"We didn't intend for



A cheeky urinal ad for a Calgary condo developer has peeved some who are saying the ads are in poor taste.

these ads to be sexist and we're actually surprised because this is the first we have heard of any negative feedback," Hogan said, adding the ads were part of a bigger marketing campaign.

Rhiannon MacDonnell

was one of several Calgarians to take offence to the ads and join an anti-MidTown Calgary Facebook group.

"The ads struck a chord but even more so was the fact we wrote on the company's Facebook wall ex-

pressing our disappointment and they deleted the comments and banned some of the people," she said.

Newad, who designed the ads for Point of View, told Metro they have "no comment at this time."

## St. Patrick's bridge design chosen

**DESIGN** After reviewing more than 2,000 comments on the Calgary Municipal Land Corp's website, the organization chose a low-profile arched bridge design from RFR (Paris, France) and Halsall Associates Limited of Calgary for the new St. Patrick's Island Bridge.

"It was a difficult decision," said Chris Ollenberger, president and CEO of CMLC, in a release.

"All of the three finalists were engaging in their



The chosen design for the St. Patrick's Island Bridge.

public presentations and their final submissions reflected their passion for the project."

METRO CALGARY

## Minister to axe foster funding cap for special needs children

**FUNDS** Alberta's children's services minister is apologizing to foster parents who were told that funding for special needs children would be capped.

Yvonne Fritz moved quickly to overturn the cap after the NDP revealed the payments would be capped starting next month.

The minister says foster care got a funding increase of nearly \$1 million in the provincial budget, so

there's no need for such a cap.

She says the situation has caused undue stress to a couple dozen foster parents and they will receive an apology.

New Democrat Rachel Notley held a news conference to denounce the cap and said she feared it would drive away foster parents at a time when more are needed.

THE CANADIAN PRESS

## 3 Chestermere girls charged with assault in group fight at school

**ASSAULT** Three Chestermere-area girls who were originally accused of causing a disturbance by initiating a group fight now face assault charges.

Police say the initial charges have been dealt with alternatively under the Youth Criminal Justice Act.

Last week, police said several young people got into an argument that quickly developed into a physical fight at a school in Chestermere, east of Calgary.

Officers said one girl suffered minor injuries, although two girls told the media they had been lured away from school property and severely beaten.

It was reported the alleged perpetrators and victims were all girls in Grades 8 and 9.

The mother of one of the girls said she had complained to the school before and several other parents had approached her to say bullying was an ongoing problem.

THE CANADIAN PRESS

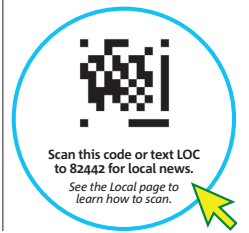
### metronews.ca

WHAT'S ONLINE TODAY

**Your Money** Allan Small weighs the pros and cons of the surging Canadian dollar at metronews.ca/investing



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Google is expanding its popular Street View mapping service to "nearly all of the country," and is heading back for a re-shoot of Windsor, Ont. Starting next week, Google will spend the next few months photographing streets in cities and towns in all provinces and territories, the company announced yesterday. **METRO NEWS SERVICES**

# Canada



## Metro shares Earth Hour tweets

Earth Hour is Saturday at 8:30 p.m. What will you be doing? This week, we'll share some tweets from Metro readers.

@ThatNumber9Guy: "Going to start with an eco-resolution of buying myself a reusable water bottle to avoid the waste plastic water bottles bring." Send your Earth Hour tweets to @metrocalgary.

## Study looks at cities' risk for cyber crime

Quebec residents appear to be among the least susceptible to cyber crime while citizens of Burlington, Ont., were the most susceptible in a list of Canada's most vulnerable big cities, according to a report by security software maker Symantec.

The company used recorded incidents of cyber crime and per capita data on Internet access and computer spending to determine which of Canada's 50 largest cities rank most at risk for on-line threats like identity fraud.

Burlington was ranked the most vulnerable overall with the most incidents of security incidents, per capita, in three

### Calgary vulnerable

• The top 10 most-vulnerable cities on the list also included: Port Coquitlam, B.C., Langley, B.C., Vancouver, Calgary, Markham, Ont., Toronto, Kelowna, B.C., and Kitchener, Ont.

of four threat categories.

Burlington had the worst rates of: Computers infected by malware programs; attempted infections; and rates of computers being hijacked to send out spam.

Burlington was second worst behind Victoria, B.C., in the fourth category: Having a computer co-opted into a so-called botnet, a global network of

computers that carries out attacks.

Symantec says higher per capita access to the Internet — through home connections and WiFi hot spots — increases the risk of a city's computers being targeted. Affluent suburb Oakville, Ont., was ranked as sixth most vulnerable because of high rates of Internet access and computer spending, even though the city was 25th in incidents of cyber crimes.

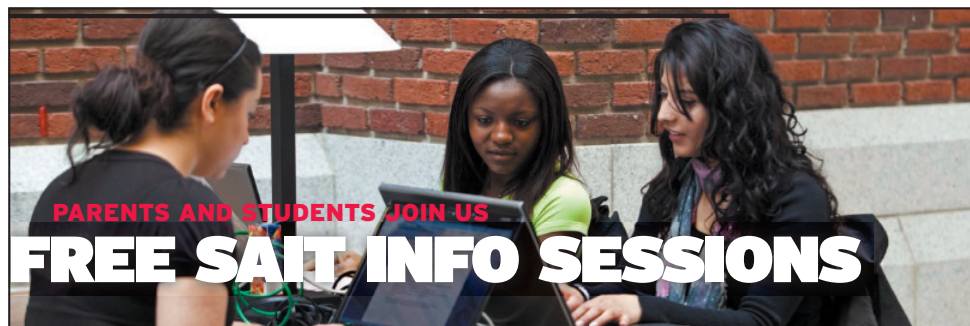
Montreal had the highest ranking of Quebec cities on the list, at No. 25, while seven other Quebec cities rounded out the bottom of the list in places 44 through 50.

THE CANADIAN PRESS

### Online What in tarnation?!



Here's a screen grab from the online video game Tar Nation. There's lots of tar, but no feathers. An environmental advocacy group is hoping people will want to blitz Prime Minister Stephen Harper and Liberal Leader Michael Ignatieff with tar in a new video game that protests the oil sands.



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## No cuts to public benefits, Day says

**POLITICS** Treasury Board president Stockwell Day says the government will not cut benefits to the public service.

The minister told a House of Commons committee there will be a discussion around pensions with union leaders, but generally benefits will not be affected.

Day says he doesn't want to cut benefits because "members have paid for these benefits."

But he left open the possibility that the public service would be made smaller through attrition.

In beginning his testimony,

Day said the government can balance the budget in five years without counting on extraordinary growth in the Canadian economy, or tax increases.

The minister is being called "Dr. No" because of his assignment to control spending.

THE CANADIAN PRESS



As spring nears, drivers and cyclists return to uneasy relationship.

Scan code or text BIKE to 82442 for more. Learn how to scan on the Local page.

## Coulter cautioned on remarks

**FREE SPEECH** Even before she opened her mouth for the first of three speeches this week on Canadian soil, American right-wing antagonist Ann Coulter had already scored a victory of sorts.

Coulter, who was to speak at the University of Western Ontario last night, received a preemptive and private caution about the limits of

free speech in Canada from the provost of the University of Ottawa, where she's appearing today.

The letter was immediately leaked to select conservative news organizations, with Coulter telling one that the university was "threatening to criminally prosecute me for my speech."

THE CANADIAN PRESS



**UN rejects weakening ban on ivory sales**

Conservationists scored a rare victory at a UN wildlife meeting yesterday when governments voted not to weaken the 21-year-old ban on ivory sales. **THE ASSOCIATED PRESS**

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# World

## Argentina Water Day goes green



Argentine artist Nicolas Garcia Urburu, accompanied by Greenpeace activists, throws a colouring substance in the Riachuelo River yesterday in Buenos Aires. Greenpeace's initiative to colour the polluted river was part of the group's actions to commemorate International Water Day.

## U.S. health-care reform: Will it matter this fall?

**U.S. President Barack Obama might have achieved a massive legislative victory with passage of his sweeping health-care overhaul this weekend, but the future of the bill remains in doubt with Republicans likely to win big in November's game-changing mid-term elections.**

Top Republicans are vowing to kill health-care reform if they recapture control of Congress in eight months, a distinct possibility due to a lingering economic recession and a U.S. jobless rate that's expected to remain in the double digits for months to come.

### Calls for Pelosi's excommunication

An abortion foe is demanding the excommunication of U.S. House Speaker Nancy Pelosi in a tiny protest in Rome outside St. Peter's Square. Randall Terry and six other protesters held placards a few metres away from the edge of Vatican

territory yesterday. Key to the health-care bill passage was an executive order signed by U.S. President Barack Obama affirming laws that ban federal funding for abortions except for rape, incest or danger to the woman's life.

In the immediate future, they're also threatening to hang up the bill indefinitely in Congress as Democrats attempt to push it through with a complicated parliamentary procedure called reconciliation. "America has just witnessed an unconscionable

abuse of power," Mitt Romney, considered a front-runner for the Republican presidential nomination in 2012, said in a statement yesterday.

Even those less partisan say Democrats are in trouble in November.

**THE ASSOCIATED PRESS**

## What the bill means to Americans

**ELISABETH BRAW**  
Metro World News

**WASHINGTON** On Sunday night, U.S. President Barack Obama's key election promise came to fruition as House Democrats passed a \$940-billion US health-care reform that will provide health insurance to 32 million currently uninsured Americans.

The bill is expected to reduce the U.S. budget deficit by \$143 billion over the first 10 years.

The bill provides health insurance to some 32 million Americans who are currently not insured, either because they can't afford the fees or because they're already ill.

Insurance companies will not be allowed to drop customers when they get ill, and may not refuse to insure to children because they're ill.

Insurance companies must allow children to re-

main on their parents' health insurance plan until they are 26. Currently, most insurance companies' age limit is 19.



Blaming attacks from "partisan operatives," ACORN disbands

Scan code or text ACORN to 82442 for more. Learn how to scan on the Local page.

### News in brief

**CHINA** A knife-wielding man stabbed and killed six children and injured seven others yesterday at an elementary school

in eastern China, a state news agency reported. The assailant was arrested after the attack, Xinhua News Agency said. He

was described as a former community clinic doctor who is thought to have mental illness.

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# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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## Comment

# Progressives prevail

NationalReport

Lawrence  
Martin

metronews.ca/nationalreport

Among developed nations, the United States has had a unique standing. It was the only one not to offer its citizens comprehensive health care. For decades the red-neck right blocked the march toward civility.

Now the march has reached the destination. Health-care reform passed its major legislative hurdle Sunday and will likely be given the final go-ahead later this week. The triumph comes courtesy of the sustained effort of Barack Obama, whose presidency is now revitalized.

It's a remarkable win. Following the Democrats' loss

of former senator Ted Kennedy's seat in Massachusetts, it looked like health-care reform was dead. It looked as if Republican regressives were gaining momentum. The Sarah Palin movement is essentially a reactionary one, one that preys on people's base instincts and base prejudices, a rebellion of sorts against enlightenment and erudition. With her down-home charm, her ability to connect, Palin turned her knowledge deficit into a political attribute. She's made it cool to be uninformed.

Through much of the last century, it has been the hard-line Republicans who led the drive against other social security ad-

vances, who were the hold-outs on civil rights, who pushed for handguns in every household. The health-care reform, the biggest social welfare advancement in decades, won't slow them much. It will give Rush Limbaugh and Glen Beck and Palin all the more reason to try to advance their backward agenda.

But for the moment the progressives lead the way. "Today is the day that is going to rank with the day we passed the civil rights bill in 1964," said veteran Democrat lawmaker John Dingell.

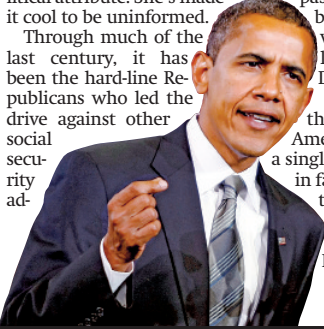
As a reflection of the polarization in American politics, not a single Republican voted in favour of the legislation. "This debate is not about the uninsured," said Devin Nunes, a Cal-

ifornia House member. "It is about socialized medicine. Today Democrats in this House will finally lay the cornerstone of their socialist utopia on the backs of the American people."

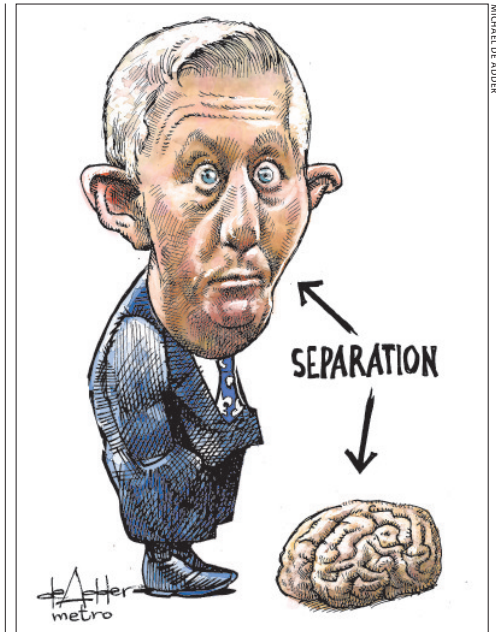
The legislation, Nunes forgot to mention, does not include a new government-run insurance plan like there is in Canada.

It won't be like the Canadian system, but it will nonetheless enhance the American reputation on this side of the border. Given that one of the deterrents for Canadians moving south was their weak health-insurance system, it may even lead to an increased brain drain. But in the circumstances, that's tolerable. The important thing is progress. A president who can lead the United States to a higher place is on the move.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



Barack Obama



MICHAEL DI ADOR

## Worth mentioning

# Supporters of child bride ban declared apostates

Some of Yemen's most influential Islamic leaders, including one the U.S. says mentored Osama bin Laden, have declared supporters of a ban on child brides to be apostates.

The religious decree, issued Sunday, deeply imperils efforts to salvage legislation that would make it illegal for those under the age of 17 to marry.

The practice is widespread in Yemen and has been particularly hard to discourage in part because of the country's gripping poverty — bride prices in the hundreds of dollars are especially difficult for poor families to pass up.

A February 2009 law set the minimum age for marriage at 17, but it was repealed and sent back to parliament's constitutional committee for review after

some lawmakers called it un-Islamic. The committee is expected to make a final decision on the legislation

next month. Some of the clerics who signed Sunday's decree sit on the committee.

The group behind the declaration also includes Yemen's most influential cleric, Sheikh Abdul-Majid al-Zindani,

whom the United States has branded a spiritual mentor of bin Laden. Al-Zindani denies being a member of al-Qaida.

The issue of Yemen's child brides vaulted into the headlines three years ago when an eight-year-old girl boldly went by herself to a courtroom and demanded a judge dissolve her marriage to a man in his 30s. She eventually won a divorce, and legislators began looking at ways to curb the practice.

THE ASSOCIATED PRESS

## Views

# A snapshot of the nature/nurture debate

InStep

Christine  
Williams

When Danish-Norwegian artist Nina Maria Kleivan exhibited photos of her newborn dressed up as notoriously evil historic figures like Hitler, Stalin, Mao and Idi Amin, the castigating commentary that followed was predictable. Kleivan's baleful and shameless display of motherhood was a justifiable shock to our sensibilities.

We rightfully venerate the loving and protective mother-infant bond because it is essential for healthy infant development. What also captivated

my attention about this woman was her contradictory line of reasoning about infant innocence and her peculiar way of raising the nature/nurture debate.

Kleivan actually discredited the innocence of her infant to illustrate that we are "born a blank slate," topping off the photos with a nude picture of her daughter, explaining that it was to reveal her innate innocence. Kleivan perfidiously stated in a subsequent interview that it was an emotional process and something she could never do to someone else's child. Heaven help her infant with the environment she has already been exposed to, the very factor suggested by Kleivan as influential to what people become.

Her argument that "infants are born a blank slate" was a 17th-century theory

by philosopher John Locke, who refuted innatism (that we are born with ideas) while asserting experience as the determinant in human development. With modern science, both nature and nurture have been found to interplay with one another. Genetic research has shown that people are wired with certain predispositions, even behavioural. This certainly does not mean that an infant can be evil. Choice determines outcome, which is indubitably influenced by nurture.

The sociopathic mental condition is a consummate example of the modern evolution of innatism, of which a strong genetic link has been established. Sociopaths are marked by their absence of conscience, amoral conduct, and inability to feel guilt and remorse. Researchers

have also noted that they are charming, manipulative and characteristically charismatic by nature; traits ironically reminiscent of the historic demons of doom that Kleivan displays her innocent infant as.

On a positive note, later studies have shown that even with the callous nature of sociopaths, they can be softened through environmental influences, implying that whatever our propensities, there is a light at the end of the tunnel with proper nurturing. So, just to be safe, let's not sport our infants in a collection of homemade tyrant ware. Instead, let's keep up the great work of dressing our precious bundles with bows, bow ties and booties!

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

Tell us your views by email to [calgaryletters@metronews.ca](mailto:calgaryletters@metronews.ca) or comment on [metronews.ca](http://metronews.ca) or on Twitter @metrocalgary

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

**Melnik sells stake in Canadian pharmaceutical company**

The founder of Biovail Corp, Eugene Melnyk, has sold "substantially all" of his holdings in the Toronto-area pharmaceutical company. According to a regulatory filing with the U.S. Securities and Exchange Commission, Melnyk sold about 9.6 million Biovail shares since Nov. 24. **THE CANADIAN PRESS**

7

# Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Television networks win in CRTC ruling

**Those CTV and Global shows that come into your home courtesy of a cable or satellite company could soon hike your monthly bill — or possibly even go dark — following a landmark ruling on how money flows in the broadcasting system.**

The TV networks won their fight yesterday before the country's broadcast regulator to negotiate a fee for their signal with cable and satellite

providers, who have never paid before for those transmissions.

But the Canadian Radio-television and Telecommunications Commission (CRTC) also wants the Federal Court of Appeal to review the new "value for signal" system before it kicks in.

And the Conservative government will have to decide whether it can live with the decision, or balk against the threat of

### Increased bills

• The cable and satellite firms have already warned they'll pass extra costs on to consumers. "Consumers are going to see increased bills on monthly basis for access

to local programming, and that's the part that I find rather sad," said Mirko Bibic, Bell's senior vice-president of regulatory and government affairs.

increased costs for consumers by overturning it.

The broadcasters had warned that the future of

local TV programming depended on their getting a solid new source of revenue, with advertising dollars drying up and au-

dience numbers dwindling.

The cable companies posted an 11.9 per cent rise in revenues in 2009, a recessionary year.

If the court gives the green light, the industry and consumers will be in for a wild ride.

Suddenly, cable and satellite companies would be forced to negotiate with conventional broadcasters for payment to carry their signals.

CTV's corporate vice-president Paul Sparkes celebrated the commission's decision.

"They have recognized that there is value associated with the content that we produce, so we're very happy with that," said Sparkes.

"I'd like to thank the thousands of Canadians who wrote in to the CRTC in support of our position and in support of local television." **THE CANADIAN PRESS**

## Bureau rejects amendments to rules governing real estate

**RULES** Changes to rules governing real estate services do not create more choice for home buyers and sellers, and instead give realtors a "blank cheque" to impose new anti-competitive rules, Canada's federal competition watchdog says.

The Canadian Real Estate Association loosened its rules yesterday to lift restrictions on realtors' minimum service requirements and allow consumers to use an agent to simply list their property and handle details on their own, including negotiations with potential buyers. However the Competition Bureau said the amendments pro-

tect CREA's ability to pass rules that could further restrict consumer choice, leading to reduced competition and higher fees. Commissioner of competition Melanie Aitken said in a statement the amendments do not remove existing roadblocks faced by realtors who want to offer a more flexible range of "a la carte" services.

"They are a step in the wrong direction. These amendments amount to a blank cheque allowing CREA and its members to create rules that could have even greater anti-competitive consequences."

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## Canada's Internet usage jumps ahead of TV watching: Report

**TUBE** Canadians are spending more time online than they are in front of their television sets, the first time Internet usage has jumped ahead of TV watching, a new survey by the Ipsos Reid polling firm suggests.

But they're still watching TV on their computers

as more shows migrate online, said Mark Laver, associate vice-president of Ipsos Reid.

"We're not necessarily watching less television," Laver said yesterday from Calgary.

"We're watching television in a different form in a

different medium. Some of that increase in Internet usage is coming from people watching shows online."

Overall, Canadians are now spending more than 18 hours a week online, compared with 16.9 hours watching television, says the Interactive Reid Report. Internet usage is up from 14.9

hours last year, while the number of hours watching television also rose in the last year, from 15.8 hours in 2009.

Usage of newspapers, radio and magazines have all remained relatively stable in the last year.

**THE CANADIAN PRESS**

## Gas profits should rebound: Board

**PREDICTION** A prominent Canadian think-tank is predicting a rebound in natural gas profits in the coming year despite a dip in production.

The Conference Board of Canada says gas prices have nearly doubled in the past six months and are expected to be 36 per cent higher this year than they were in 2009.

The board says gas prices will average \$5.44 per thousand cubic feet, bringing pre-tax profits for the year to about \$5.9 billion and restoring them to near the levels experienced in 2008, when energy prices peaked then

collapsed.

The economic downturn sapped strength from the gas extraction industry in 2009, dragging profits down 65 per cent for the year.

The board says the price increase will be offset by a two per cent decline in production.

**THE CANADIAN PRESS**

### In brief

**DEBT** German intransigence over bailing out Greece has raised the chances that the debt-laden country will be forced to turn to the International Monetary Fund for assistance, possibly by the end of this week, in an embarrassing setback for European political union. Greece has around \$27.1 billion U.S. of debt maturing over the next couple of months and the last thing it wants is to pay sky-high premiums to get support in the international bond markets.

**BANKS** The German government plans to introduce a levy on banks to ensure that they pay for the costs of any future crises, sparing taxpayers, officials said yesterday. Leaders of Chancellor Angela Merkel's coalition agreed that "banks cannot in future gamble at the taxpayer's expense," Volker Kauder, the parliamentary leader of her conservative bloc, told ZDF television.

**THE ASSOCIATED PRESS**

## British Airways Strike continues



Protesters on the picket line gesture as a British Airways plane comes in to land at Heathrow Airport in London, yesterday. British Airways and the union representing its cabin crew are no closer to resolving a dispute over pay and conditions as a strike enters its third and busiest day.

KIRSTY WICKLEWORTH/THE ASSOCIATED PRESS



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EDITOR: FERMIN.DESOUZA@METRONews.CA

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# Take stock of risk tolerance

Alison OnMoney

Alison Griffiths

[metronews.ca/alisononmoney](http://metronews.ca/alisononmoney)

Feel a slight pain in your chest while you're reading the stock pages or your RRSP statement? If the market has been sagging there's no coincidence. A recent preliminary study by researchers at Duke University discovered an increase in heart attacks after the recession began deflating stock prices in December 2007. When the market turned around the incidence of heart attacks decreased.

This confirms something I've always believed; some of us simply aren't cut out for the rigours of being a stock market investor.

When the market is rising, as it has been steadily

for the past year, everyone is a steely-nerved market pro. But when the market slides a surprising number of people head for the windows.

The market term for this emotional reaction to your bottom line is risk tolerance. Advisers attempt to determine where you fit on the risk tolerance scale with a series of boilerplate questions. But it is an infernally difficult thing to measure, even for the most conscientious advisers. Certainly a handful of general questions aren't going to reveal what investors often don't know about themselves — just how much risk can I handle?

Most people are less than half as brave as they think. If you believe you can tolerate 50 per cent of your portfolio in stocks or equity mutual funds held



**ALISON'S MONEY RULE**  
However brave you think you are as an investor, cut it in half at least. That's your real risk tolerance.

in RRSPs, RRIIs or non-registered accounts you should start with 25 per cent or less. You can always increase it, but reducing your exposure after an anguishing market tumble is like shutting the barn door after the horses have bolted.

Also, I'm convinced that 10 to 25 per cent of investors are temperamentally unsuited to any stock market investment. They simply can't cope with the volatility, no matter what

the potential gain.

You may be wondering why I'm bringing this up since the market has been so buoyant. Last week's rise in the Consumer Price Index signals the possibility of interest rate increases, which historically tend to dampen the market.

The Duke University study reveals that investing isn't just about the money. What good is a portfolio if you aren't alive to enjoy it?

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at [griffiths.alison@gmail.com](mailto:griffiths.alison@gmail.com).

# Health fraud can put your life at risk

HEATHER BUCHAN  
for Metro Canada

Unlike other types of fraud, health fraud can cost you more than just money — in some instances, such as unknowingly taking counterfeit or unapproved medication, it can cost you your life.

The Canadian Health Care Anti-fraud Association estimates health fraud costs Canadians \$5 billion to \$15 billion annually.

Health fraud is committed by both patients and

health-care providers and includes a complex variety of activities, including bogus weight-loss schemes, bogus cancer cures, billing for services not rendered, billing for unnecessary treatment, malingering (exaggerating one's illness or injury to collect more benefits), selling drugs and devices that have not

been proven effective, filling false claims and more. Just last fall, during the height of the H1N1 scare, the Competition Bureau of Canada in partnership with Health Canada and the RCMP sent out a warn-

ing to Canadians not to buy products from the Internet claiming to fight the virus. Several fraudulent websites had popped up trying to capitalize on people's fear of catching the virus.

And last March, an Ottawa-area doctor was charged with defrauding the Ministry of Health and Long Term Care for more than \$100,000 from 2005 to 2008.

The problem with health fraud is that even if you haven't been directly defrauded, the few individuals bilking Canada's health system of the nearly \$15 billion each year, means less of your money is spent

### Protect yourself

- Keep your health card in a safe place to protect yourself from identity theft.
- Read your benefit and billing statements to ensure you received the treatments that claim to be performed.
- Question "miracle cures" or "breakthroughs."
- Check with your doctor before taking new medication.
- Check with a health-care professional before taking any new treatment.

supporting a better overall health care. As CHCAA explains, \$15 billion is enough to hire some 20,000 new doctors and buy about 5,000 MRI machines.

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St. Louis Cardinals slugger Albert Pujols received an anti-inflammatory shot yesterday for tightness in his back and is expected to be out of action for the next couple of days. The three-time NL MVP missed a week this spring because of lower back pain he described as feeling like spasms. **THE ASSOCIATED PRESS**

# Sports

EDITOR: DON.MCHOULL@METRONEWS.CA



Calgary Flames center Daymond Langkow is taken from the game on a stretcher after being injured on Sunday.

## Langkow back in city

**A day after being stretched off the ice in a scary incident, Flames centre Daymond Langkow flew back to Calgary yesterday.**

The 33-year-old spent Sunday night in a St. Paul hospital following the Flames' 4-3 loss to the Minnesota Wild, undergoing a battery of tests after taking a shot off the back of his neck.

"I think any time you see a player that's taken off on a stretcher, obviously it plays on your mind," said Flames' assistant coach Dave Lowry.

At 5:20 of the second period, Langkow was checked in front of the Minnesota net by Wild defenceman Greg Zanon. With Langkow's head down as he fell forward, Calgary blue-liner Ian White fired a point shot that hit his teammate at the base of the neck in between his shoulder blades.

Langkow, who is out indefinitely, lay motionless on the ice for 10 minutes before being carried off on a stretcher.

"I think everyone was

just scared," said forward David Moss, who watched as Langkow was strapped to a backboard and wheeled off the ice. "Not knowing what was going on, not seeing him move was a scary moment."

The Flames later found out that Langkow, a veteran of 13 NHL seasons, had feeling in all his extremities.

"I think after the period we found out he had movement and feeling," Moss said. "It was a great relief."

While the Flames switched their attentions to preparing for tonight's home game against the Anaheim Ducks (7 p.m. MT, Sportsnet West), players were nonetheless still concerned about Langkow's well-being. "You never want to see that," said defenceman Cory Sarich.

"It's scary, especially when it's a teammate and a guy you're close with. It's freaky and really scary, but (we're) just glad to hear he's doing well and that's the main thing."

**THE CANADIAN PRESS**

### SCOREBOARD

#### NBA

##### YESTERDAY'S RESULTS

Toronto 106 Minnesota 100  
Chicago 98 Houston 88  
Miami 99 New Jersey 89  
Milwaukee 98 Atlanta 95  
New Orleans 115 Dallas 99  
Orlando 109 Philadelphia 93  
San Antonio 99 Oklahoma City 96  
Boston at Utah  
Memphis at Sacramento  
Phoenix at Golden State

##### TODAY'S GAMES

Charlotte at Washington, 5 p.m.  
Indiana at Detroit, 5:30 p.m.  
Denver at New York, 5:30 p.m.  
L.A. Clippers at Dallas, 6:30 p.m.

#### NHL

##### YESTERDAY'S RESULTS

Ottawa 2 Montreal 0  
Detroit 3 Pittsburgh 1  
Colorado at Los Angeles

##### TODAY'S GAMES

Florida at Toronto, 5 p.m.  
Columbus at New Jersey, 5 p.m.

Boston at Atlanta, 5 p.m.  
Philadelphia at Ottawa, 5:30 p.m.  
Carolina at Tampa Bay, 5:30 p.m.  
Dallas at Nashville, 6 p.m.  
San Jose at Minnesota, 6 p.m.  
Phoenix at Chicago, 6:30 p.m.  
Anaheim at Calgary, 7 p.m.  
Vancouver at Edmonton, 7 p.m.

**WESTERN CONFERENCE OVERALL STANDINGS**

	GP	W	L	OL	GF	GA	Pts
d-Chicago	71	45	19	7	234	179	97
d-Phoenix	73	46	22	5	201	179	97
d-Vancouver	72	44	24	4	236	187	92
San Jose	73	43	19	10	231	191	96
Nashville	73	42	26	5	206	203	89
Los Angeles	70	41	24	5	207	195	87
Colorado	71	40	25	6	213	190	86
Detroit	72	36	23	13	196	193	85

<b>CALGARY</b>	72	36	27	9	184	181	81
St. Louis	72	34	29	9	196	199	77
Anaheim	71	34	29	8	203	217	76
Minnesota	72	35	31	6	198	211	76
Dallas	72	31	27	14	208	230	76
Columbus	72	29	31	12	187	229	70
Edmonton	72	23	42	7	184	248	53

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### Sports in brief

**BLUE JAYS** Brandon Inge hit a three-run homer to help the Detroit Tigers beat the Toronto Blue Jays 8-2 yesterday. Nate Robertson pitched 4½ innings for the Tigers, yielding two runs and five hits.

**FOOTBALL** NFL commissioner Roger Goodell likes the proposal to modify overtime in the playoffs. The competition committee recommends that a team surrendering a field goal on the first possession should have a series of its own in OT. Goodell says the idea "stays true to the integrity of the game" and finds it "very much worth considering."

**NHL** Philadelphia Flyers leading goal scorer Jeff Carter will miss three to four weeks with a broken bone in his left foot. Carter suffered the injury off a shot from Atlanta's Clarke MacArthur in Sunday's game.

**BASKETBALL** Memphis must vacate its record 38-win men's basketball season from 2007-08 after the NCAA rejected its appeal. The NCAA announced yesterday that its Infractions Appeal Committee ruled

against Memphis, which was found to use an ineligible player, believed to be Derrick Rose.

**NFL** The New England Patriots are the big winner for losing free agents last year. The Patriots have been awarded the maximum of four compensatory picks in April's NFL draft. The selections will come in the sixth round (one, No. 205 overall) and seventh round (three, Nos. 247, 248 and 250).

**NFL** Miami Dolphins running back Ronnie Brown, who had been in the suburban Atlanta area to help celebrate his parents' anniversary, was arrested on a charge of driving under the influence of alcohol and released from jail a few hours later, officials said yesterday.

**CFL** The Hamilton Tiger-Cats signed all-star linebacker Markeith Knowlton to a contract extension through the 2012 season, the CFL club said yesterday. The six-foot, 205-pound Knowlton recorded 94 defensive tackles, four forced fumbles, four fumble recoveries and four interceptions last season. **METRO NEWS SERVICES**

## Goodell to chat with Big Ben

NFL commissioner Roger Goodell plans to meet with Steelers quarterback Ben Roethlisberger, left, about the star's off-field problems. Goodell already has spoken with team owners about Roethlisberger, who is accused of assaulting a 20-year-old college student in a Georgia nightclub March 5. Roethlisberger's lawyer says the quarterback committed no crime. **THE ASSOCIATED PRESS**



Canada skip Jennifer Jones throws a rock against Latvia during the World Women's Curling Championships yesterday.

## Early starts for Jones

**SASKATCHEWAN** Jennifer Jones' alarm clock will go off much earlier for the rest of the round robin at the women's world curling championship.

After playing afternoon and evening draws the first three days of the tournament, the Canadian skip and her rink from Winnipeg have three straight mornings of games at 8:30 a.m. local time, starting today against Denmark.

That's an early start when the curlers need to eat, get to the rink and stretch, particularly when they've played an evening draw the previous night, like they did yesterday.

Jones doesn't mind. The 35-year-old corporate lawyer and her teammates are veterans of the evening-morning draw schedule and adjust their eating and sleeping around it.

"Probably my favourite

draw to play is a morning draw," Jones said yesterday after Canada's win. "I'm up anyway. I can't sleep in. It's a curse. I might as well get out there and curl. I'm not a night owl, that's for sure."

"If you have a morning-night, you can have a nap in the afternoon. We do it all the time."

Canada was the only unbeaten team at the world championships heading into the late draw yesterday against defending champion Wang Bingyu of China (1-3). The Jones four-some, out of the St. Vital Curling Club, doubled Latvia's Iveta Stasa-Starsune 12-6 in the afternoon.

Canada was 4-0, Erika Brown of the United States was 4-1, followed by Scotland's Eve Muirhead and Sweden's Cecilia Ostlund at 3-1. Russia's Anna Sidorova sat at 3-2.

**THE CANADIAN PRESS**

## Spartans lose star to injury

**NCAA** Michigan State star Kalin Lucas will miss the rest of the NCAA tournament after an MRI has confirmed he ruptured his left Achilles' tendon.

In Lucas' place on Sunday, Korie Lucious made a three-pointer at the buzzer to put the Spartans into the round of 16 with an 85-83 win over fourth-seeded Maryland.

Lucas was hurt late in the first half of that game when he landed awkwardly after a shot. He is a two-time All-Big Ten player and leads the Spartans in points and assists. He will be sidelined for

four to six months.

"We feel terrible for Kalin, he was having a great NCAA tournament," Spartans coach Tom Izzo said in a statement.

"The good news is there is no doubt he will make a full and complete recovery."

**THE ASSOCIATED PRESS**



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# Lions sign running back

The B.C. Lions bolstered their running game yesterday, signing free-agent import Jamal Robertson. **THE CANADIAN PRESS**

## sports 11



Toronto Raptors forward Chris Bosh lunges for a pass in front of Minnesota Timberwolves forward Kevin Love. The Raptors won 106-100, and are now tied for seventh in the Eastern Conference.

## Raps get a win

### NBA RESULTS

Raptors 106 T-Wolves 100



Chris Bosh had 21 points and 10 rebounds to help the sluggish Toronto Raptors hand the Minnesota Timberwolves their 13th straight loss, 106-100, last night.

Andrea Bargnani had 19

points and seven rebounds for the Raptors, who beat the Timberwolves for the 12th consecutive time to move into a tie with Charlotte for the seventh seed in the Eastern Conference.

Al Jefferson had 22 points and seven rebounds for the Timberwolves, who have lost 19 of their last 20 games. They trailed 94-92 with 3:29 to play, but couldn't come up with any key stops down the stretch. **THE ASSOCIATED PRESS**

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On it you can write ideas for new areas of study. Maybe you would like to take up a new language, learn a skill or read the collective works of Shakespeare. Whatever motivates you, write it down. **LIFEHACK.ORG**

## Continuing

## Education

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

## Study tip

Take regular breaks. Don't try to study for hours on end — you'll just become tired and less productive that way. Study for 45 minutes or so, then take a break. Also be sure to try to get enough rest so you will be ready to concentrate when you want to study. Fatigue leads to poor learning and even poorer retention of information.

SIMPSON.EDU

## Zombies, love and more

Distance learning course offerings wide-ranging

RICK MCGINNIS  
for Metro Canada



**Higher education isn't all earnest grindwork or high-minded paper-chasing — every now and then, some professor's enthusiasm or collegiate enthusiasm will land an eye-catching and idiosyncratic course on some university syllabus.**

There's the University of Alabama, for instance, which offers an interim course called *Zombies! The Living Dead in Literature, Film and Culture* — and yes, the exclamation mark is meant to be there.

Then there's Occidental College in California, which seems to specialize in intriguing offerings like *The Unbearable*

Whiteness of Barbie: Race and Popular Culture in the United States, and the boldly titled *Stupidity*, an offering of the department of Critical Theory and Social Justice that promises "a philosophical examination of those operations and technologies that we conduct in order to render ourselves uncomprehending."

A browse through the offerings of the distance learning and continuing education departments of several Canadian universities offers up several curriculum entries that promise to rival undergraduate offerings south of the border. The University of Waterloo, for instance, has two courses whose titles alone encompass so much they can't help but intrigue.

Love is a Philosophy department entry that promises to examine "Self-love, friendship, humanitarian love, God's love, love in morality, and love in mysticism." For the sake of balance you might want to follow it up with *Evil*, offered by the Religious Studies faculty, which promises that "classical and modern writers from Judaism, Christianity, Buddhism, and Hinduism will be considered."

Memorial University offers a course in *Deviance*, "which may include violence, sexual deviance, delinquency, addiction, mental disorder, theft, organized crime, political deviance and corporate deviance," according to the course description. Also part of the Sociology department's syllabus is

*War and Aggression*, which claims to examine "ethological, psychological and sociological approaches" to the subject.

The Royal Military College in Kingston also has a distance learning department, and offers *Terrorism: Theories and Strategies*, while the University of Guelph's summer schedule includes *Witch Hunts and Popular Culture*, a course to which "access to a TV and DVD player is required."

Finally, while they're not distance learning courses, Simon Fraser University in Vancouver has a continuing studies department that's popular with seniors and recent immigrants. This spring they're advertising *So You Want to Be a Critic?* — a course whose aim



Many Canadian universities offer up fun and interesting courses through both distance learning and continuing education.

is self-explanatory — and an especially intriguing one-day offering in its Opera Studies department called *What Would Opera Be Without Murder?*

## Some online courses offered at Athabasca University



Athabasca University's courses have something for every student.

Athabasca University in Alberta is Canada's specialist in distance learning, and their vast catalogue abounds in interesting and off-beat course offerings, a few of which are listed below:

- **Goddess Mythology, Women's Spirituality, and Ecofeminism:** A humanities course that "explores the symbolic significance of female divinity and the impact of its loss on all aspects of Western culture."
- **Being Online:** The Centre for State and Legal Studies offers this course, which explores questions concerning "ethics on the Web, about the

gendered use of technology," and "ends by examining the transpersonal-how people use the Internet for spiritual purposes."

- **Datascape: Information Aesthetics and Network Culture:** An M.A. course that will help students "identify the differences between information, knowledge, and data" and "analyse the impact of the cataclysmic effects of network culture and the increasingly urbanizing trends of aestheticized information."
- **History of Popular Music II: Be-bop to Beatles:** A companion course to *History of Popu-*

lar Music I: Blues to Big Bands, and a chance for students to study the "stylistic evolution of such musical forms as folk, blues, jazz, country and western, and rock."

- **The Folk Music Revival I: Before 1945:** If you enjoyed the above, you might want to dig deeper with this course, which will delve into the "role of nationalist and anti-modernist ideology in the Revival," and "problems of authenticity and class bias in the work of the major collectors." No word, however, when *The Folk Music Revival II: After 1945* will be offered.

— RICK MCGINNIS

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continuing education **13**

# Get a green thumb blooming

**MICHELLE LINDSTROM**  
for Metro Calgary



## Get your green thumbs ready Calgary — the city's growing season is short and temperamental.

The Calgary Zoo has visible success year after year with its gardens and plans to share its knowledge with Calgarians in the very near future.

Foolproof Plants runs for the bulk of the day on Saturday to teach attendees how to dress up a garden and choose the right plants for specific locations: \$75.

Edible Gardening explains how to plan for successful vegetable and fruit growth in Calgary gardens: Sunday, \$75.

Veggies from Seed on April 15 for \$35 gives tips of how to understand seed catalogues and grow your own tasty vegetables. See [calgaryzoo.org](http://calgaryzoo.org) for more Zoo gardening classes.

To get tips before everyone's personal infamous May long weekend planting festivities, Mount Royal University's Faculty of Con-

tinuing Education offers Designing gardens for the Calgary Region on May 1 for \$49 to get practical advice from a professional landscape designer.

To make your green thumb a bit greener, Small Yard Organic Vegetable Gardens is offered on the evening of May 3 for \$49 to teach methods of growing an abundance of organic vegetables.

Water Garden Feature explains how to start a water garden or introduce fish successfully into your existing one on June 12 for \$49. Visit [mtroyal.ca](http://mtroyal.ca) or call 403-440-6012 for more information.

The University of Calgary's Continuing Education department offers the course Growing Your Own Food Garden to those interested in having fresh food as a healthy meal option. For two sessions (\$70) on April 20 and 27, instructor Barry Erskine will explain how to do this even in small yards and on balconies. See [conted.ucalgary.ca](http://conted.ucalgary.ca) for more information.



If you're interested in learning how to garden, there are various courses available throughout the city.

## Spring classes have advantages

**RAFAEL BRUSILOV**  
for Metro Canada



As winter eventually wisps away, the spring and summer offer a new beginning and a new chance to keep learning.

Lang Sum, director of language programs at the University of British Columbia's Continuing Studies school, says the spring, while tending to be the thinnest time for enrolments compared to the fall, does have the advantage of smaller class sizes, meaning students can get much more direct face-time with instructors and other classmates.

"The programs are the same and the instructors are the same, but there are more spots open in the spring and we tend to have smaller classes, so students can benefit more then," Sum said.

According to Sum, professional programs are most popular in the summer because people are more likely to take time off from work to do intensive one- or two-week sessions.

"We do offer more programs for professionals in the summer because more people are interested in upgrading their knowledge and skills then," Sum said.

The summer also sees more students coming in from overseas, creating a very international vibe in the classrooms of many major Canadian schools.

Crystal Campbell is a certified career coach in Toronto and president and founder of c2 coaching + consulting, and says the spring and summer can be ideal times to get ready for hiring season. Getting versed in new skills and abilities now will mean you'll be a more marketable hire when companies start picking up new workers come fall.

"September and January and also peak hiring periods, so if you're enrolling in something now, that will time you well for hiring season later," Campbell said.

Regardless of the season, Campbell says expanding your skills and knowledge base is always a worthwhile thing.



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# Capturing new classes

MICHELLE LINDSTROM  
for Metro Calgary



It is from previous success and increased interest that Mount Royal University's Faculty of Continuing Education decided to add both black and white and sports photography to its spring and summer course line up.

"We've been getting a lot of interest in (photography) courses and we just felt it would be the natural progression to start offering other ones," says Amanda Cerisano, the University's Faculty of Continuing Education and Extension program coordinator for arts and design.

She says black and white is a hot topic, while sports has such a unique way about it to taking pictures.

Both new photography courses will take a maximum of 16 students to enable the instructor, who has yet to be announced, the ability to help each photographer-in-training



Mount Royal University is adding black and white and sports photography to its spring/summer continuing education line up. The new courses have a prerequisite.

during the hands-on classes.

Registration opened up March 8 and spaces are still available in each course, says Cerisano. "Photography always ends up being pretty popular, so we always tell people to register early."

The new courses both have a prerequisite for

those who enrol to complete the University's Photography, Level 1 class first so time is not wasted on basic camera knowledge and techniques.

Cerisano explains the black and white class will use labs within the institution to alter pictures, but it will be done so the students can transfer their

new knowledge to programs used on their home computers — there's no need to purchase a specific editing package. This classes total 10 hours, which are divided up into the evenings of June 4, 5 and 9 for \$189 plus GST.

The sports class will likely include a live event — hopefully one on campus

or with free admission, says Cerisano. Students should be aware though of the chance their instructor may direct them to photograph a game they'll need to pay an entrance fee for. This class takes place on July 16, 17 and 21 for \$189 plus GST.

The institution is working on getting these courses

es offered throughout the year due to the popularity and therefore eliminate frustration for someone who doesn't get in and has to wait another twelve months before the opportunity arises again.

Visit [mtroyal.ca](http://mtroyal.ca), call 403.440.6012 or email [cearts@mtroyal.ca](mailto:cearts@mtroyal.ca) for more information.



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## Stoney expression at U of C

MICHELLE LINDSTROM  
for Metro Calgary



If being creative and working with your hands sounds interesting, it's likely the new University of Calgary's continuing education summer course, ART 121 Sculpting in Stone, will interest you.

Professional sculptor and course instructor Vahe Tokmajyan will help 12 students transform their work from a conceptual drawing into a three-dimensional piece of art.

Tokmajyan explains the process will involve students first bringing their ideas to him on paper, or if they prefer in a soft material like clay or plasticine, and then the stone work can begin.

"When we have an understanding of what we're



Naked by Vahe Tokmajyan done in marble represents the idea and scale of sculptures students will create.

going to create I will choose the right stone for them."

And, by "right stone" Tokmajyan means the size and shape of stone he'll

pick from numerous options that will be available for his students to use during the course.

He says if the stone is too big, it's just not practical for the course. Students need to finish their stone sculptures in just 30 class hours spanning from July 5 to 10, so they can take it home with them upon course completion.

Tokmajyan says he'll work with the larger power tools for the students while explaining how they work — there just isn't enough instruction time to confidently allow new sculptors use the tools.

Students will be restricted to complete the more finite details with their hammers, chisels and small dremels.

An ideal sculpting location offers a lot of space and tolerance for dust and noise, which the U of C campus doesn't have readily available. Therefore the Leighton Art Centre, Gallery and Museum will house the six course sessions instead.

Leighton Art Centre is approximately 15 minutes southwest of Calgary. Visit [conted.ucalgary.ca](http://conted.ucalgary.ca) for ART 121 - 001 Sculpting in Stone for more information about the non-credit course that costs \$430 plus GST.

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# Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

## Vegging out on a low carb diet

JANINE FALCON  
for Metro Canada

Studies over the past few years suggest that a low-carb intake is a significant factor in weight loss, and that combined with a high-protein and high-fat approach, can help improve levels of good cholesterol (HDL) and lower triglycerides (fat), and thus reduce the risk of heart disease.

But what if you're a vegetarian? If you rely on carbohydrates as a significant diet component, how do you do low-carb?

The type of carbohydrate to avoid is key — we know not all carbs are created equal.

Those made with flour or sugar hit the top of the don't-eat list.

However, nutrient-dense or complex carbohydrates, such as broccoli, kale and collard greens, are menu musts, says Colette Heimowitz, VP of Nutrition and Education for Atkins, the low-carb diet



Vegetarians need a wide variety of plant sources to give them all the amino acids they need for a healthy functioning body.

which seemed to have the most independent-study success.

"People are only familiar with the initial two-week induction plan, which is designed to induce fat burning in the body rather

than carbohydrate burning," Heimowitz says — surprisingly — that Atkins is vegetarian friendly.

For non meat-eaters, the program's protein, fibre, healthy fats and essential amino acids come from to-

fu, eggs, nuts, seeds and cheese, she explains. Also acceptable are cottage cheese, yogurt and vegetable oils.

"You need a broad variety of amino acids from a variety of plant sources,"

stresses naturopathic doctor Alan C. Logan, who researches and consults for Genuine Health.

For example, on paper, peas appear to provide all the necessary amino acids. But if you eat only peas, "you'll get some amino acids, but lack a few, including methionine, which is important for reducing joint inflammation, and tryptophan, which the body needs to manufacture serotonin, which regulates mood," he explains.

"You need an 'orchestra' of sources for everything you need."

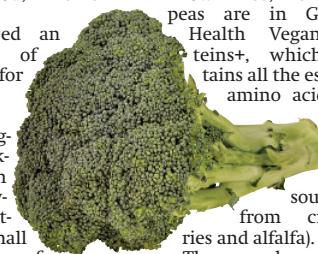
Logan suggests making space in the low-carb allotment for small amounts of brown rice, which "provides a tremendous amount of antioxidants and fibre."

He also advises adding hemp, which serves up

**"Nutrient-dense or complex carbohydrates, such as broccoli, kale and collard greens, are menu musts."**

twice the lysine that tofu does for anti-viral and immune-system support, double the methionine of egg whites, and eight times the tryptophan available from milk.

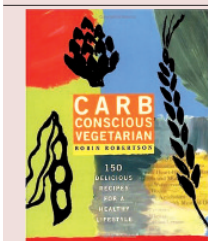
Brown rice, hemp and peas are in Genuine Health Vegan Proteins+, which contains all the essential amino acids and protein (also



sourced from cranberries and alfalfa).

The powder supplement can back up a low-carb diet, and is formulated without animal products, corn, dairy, wheat, soy, yeast, sugar or preservatives.

### A helping hand



Carb Conscious Vegetarian by Robin Robertson (June, 2005), \$21.95 at amazon.ca; a recommendation by Dr. Logan for its recipes.



Genuine Health Vegan Proteins+ provides low-carb vegetarian back-up with essential amino acids and protein

sans corn, dairy, egg, wheat, soy, yeast, animal products, sugar or preservatives. 280 g, \$21; 840 g, \$47, at health stores.

### ADVERTISING FEATURE

## Revolutionary Probiotic Gum Makes your Mouth a Healthier Place Promises Renowned Microbiologist

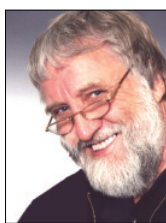
We have all heard that the eyes are the windows of the soul. Now a probiotic research scientist from New Zealand is telling us that our mouths are the front door to a lifetime of good health.

"Probiotics are friendly, health-promoting bacteria," says Professor John Tagg, a world-renowned microbiologist at the University of Otago in New Zealand. "Everyone knows about the importance of probiotics for the digestive tract. But for good oral health and overall immunity, we also need oral probiotics that are specific to our mouths."

He should know! When Professor Tagg was a boy of 12, he suffered from a strep throat infection that led to an attack of rheumatic fever, a serious condition that can cause permanent heart damage. Consequently, he was on antibiotic drugs for 10 long years. This personal experience inspired him to devote his life to finding friendly probiotic bacteria that prevent strep throat and other infections that enter through the mouth. After many, many years of dedicated research, he discovered BLIS!

BLIS, which stands for Bacteriocin-Like-Inhibitory-Substance is an advanced oral probiotic. BLIS K12 is a naturally occurring component of the *S. salivarius* probiotic strain.

"My published research studies show that BLIS K12 controls the undesirable and disease-causing bacteria that cause bad breath, strep throat, thrush, and ear and upper respiratory infections" explains Professor Tagg.



Professor John Tagg

"BLIS K12 probiotic bacteria also promote general oral health and help prevent tooth decay and gum disease." Professor Tagg's BLIS K12 probiotic is now available in Canada as CulturedCare Probiotic Gum with BLIS K12. It is made in Canada by Prairie Naturals, an established, family-owned nutritional supplement company in BC.

"Gum is an ideal way to 'seed' BLIS K12 probiotic throughout the mouth and throat where it will begin to colonize and grow. Chewing just one piece of CulturedCare Probiotic Gum daily provides protection for teeth, gums, throat and ears," says Professor Tagg.

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"May the BLIS be with you!" This has become the mantra of the professor who discovered the powerful effects of BLIS K12 - a revolutionary probiotic.

For more information about Professor Tagg and CulturedCare Probiotic Gum with BLIS K12, please visit: [www.culturedcare.com](http://www.culturedcare.com)



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Breakfast sets up your body's energy levels for the rest of the day — don't skip it!

## Become a champion of breakfasts

CELIA MILNE  
for Metro Canada



### Think of a good breakfast as fuel and medicine for your body.

"Skipping breakfast, regardless of age, is associated with poorer mental and physical health," says doctor of naturopathic medicine Dr. Tracey Beaulne.

Studies have found that eating breakfast fights fatigue and emotional stress, cuts down on hunger later in the day, and enhances problem-solving skills and logical reasoning, says Beaulne, who practises at

Bayview Natural Health Clinic and at the Active Therapy Clinic at the Granite Club in Toronto.

She sees a lot of patients who are relatively healthy, but would like to feel better than they do. Common complaints are recurrent colds and infections due to stress, fatigue from overwork, gastrointestinal issues from poor nutrition, insomnia, stress, and weight issues.

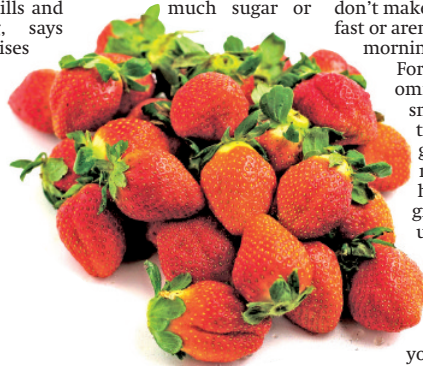
For her, the best kind of breakfast is one that includes lots of fibre, not much sugar or

fat, and ample protein.

Sugary cereals and granola bars aren't the best option, says Beaulne. Many of her patients admit they don't make time for breakfast or aren't hungry in the morning.

For them, she recommends a smoothie. Try putting low-fat yogurt, blueberries, bananas, hemp oil, ground salba, and unsweetened almond milk in a blender.

Adjust the flavour and thickness to your own taste, she suggests.



### Questions to ask yourself before opening the fridge door

As a naturopathic doctor, Dr. Tracey Beaulne uses food as medicine. She suggests you ask yourself these questions:

- How can this food help my body?
- Is it colourful and packed with nutrients?
- Will it give me the protein my body needs?

- Am I getting the good fat I need from oily fish, avocados, nuts and seeds, and olive oil?
- Do I feel well after I eat this food?
- Am I getting the fibre I need for good bowel habits?

CELIA MILNE/METRO CANADA

## Books to beat that belly fat

### HEALTHY SIN FOOD: DECADENCE WITHOUT THE GUILT

BY DR. JOEY SHULMAN  
Chocolate, cinnamon and almonds — they sound more like the ingredients to a decadent desert than the building blocks to weight loss. Dr. Joey's breakdowns the nutritional value of the top 50 superfoods in an informative and engaging way. And with 101 mouth-watering recipes (gourmet grilled cheese, yes please!), you can't lose with this book. Except those extra pounds, of course!



### FLAT BELLY DIET!

BY LIZ VACCARIELLO

Promising to shrink your waist in 32 days, this book lays out an easy-to-follow daily exercise routine, along with meal plans to take you through each week. The meals are easy to make and the book includes a weekly grocery list to make the shopping a piece of cake — well, more like a handful of almonds.



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For better nutrition and overall health, checkout Dr. Tracey Beaulne's tips:

1

Eat more veggies than fruit.

2

Take a cooking class to expand your palate.

3

Do yoga, meditation, or qi gong to balance out the stress hormones of daily life.

4

Go to bed by 10 p.m. for optimal melatonin.

5

Exercise, for those feel-good endorphins.

6

When buying fruits and vegetables, buy organic, especially for "the dirty dozen" — peaches, apples, peppers, celery, nectarines, strawberries, cherries, kale, lettuce, imported grapes, carrots and pears (see [ewg.org](http://ewg.org) for more information).

CELIA MILNE/  
METRO CANADA





## SPECIAL FOCUS ON:

## Nutrition

## health &amp; beauty 17

# Where food and sex meet

## The J Spot

Josey Vogels

metronews.ca/thejspot

When it comes to sex and food, you definitely are what you eat. An estimated 80 per cent of erectile problems are the result of hardened arteries restricting blood flow and can be traced to a diet high in fatty foods, sodium and red meat.

Women may not have the same issue, but diet can also affect women's levels of desire, arousal and lubrication. Also, if you're eating well, you feel better about your body and feeling good about your body and feeling sexy go hand in hand.

Food itself can be sexy. While

there is no scientific proof behind the aphrodisiac quality of certain foods, studies have shown that chocolate — often touted as an aphrodisiac — contains phenylethylamine (PEA), a chemical that is also released in the brain when you fall in love. And one of the reasons shellfish such as oysters are considered an aphrodisiac is because they're loaded with zinc, important for sexual vitality.

Texture is often what makes foods we tend to think of as aphrodisiacs so stimulating, like the creamy, sweet texture of chocolate or the juicy flesh of a ripe mango.

The word itself derives

from Aphrodite, the Greek goddess of love and mother of Eros (the Romans knew the two as Venus and Cupid). Aphrodite rose naked on a scallop

shell from the sea foam generated where the genitals of her father, Uranus had been hurled after his castration in one of those divine disturbances common in Greek mythology. The Fates assigned the goddess only one duty: To make love. Not a bad gig.

When it comes to food and sex, where, how, and with whom you eat can be just as important as what you eat. Sharing a first meal with a new lover can be very exciting and revealing. A person's table manners can speak volumes.

Cooking for a lover can also be a real turn-on. Going to the trouble of finding out what they like to eat and then shopping, cooking, decorating the table with flowers and candles and cracking open a nice bottle of wine makes them feel pampered and special. Talk about foreplay.

Finally, there's nothing like cooking a meal together

to test the power dynamics of a relationship. If no one loses any fingers or ends up with a meat cleaver in the head by the time you sit down to eat, the relationship might stand a chance.

Bon appetit!

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit [joseyvogels.com](http://joseyvogels.com).

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## Spring Bridal Show

Sunday, March 28th, 2010, 12 - 4:30pm, 5940 Blackfoot Trail SE at the Blackfoot Inn

Brides receive Free Laugh Shop Ticket and Gift Bag

Fashion Show at 3:30pm Featuring dresses by Etho's

Grand Prize \$2000! (Ranchman's, The Blackfoot Inn & Bay Southcentre Gift Reg.)

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Shaklee	- Wine & Sprits	Rare Passions
PM Hobby Craft	Home Outfitters	Weight Control Clinic
Silpada	Jolene Mills	Royal Dry Cleaners
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Marriage Commissioner	PartyLife	Engraved Memories
- Rock Hilford	Sweetly Speaking Inc.	Stella & Dot
Hi Tech Production	Maritime Travel	Arbonne
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Linen etc.	The Pampered Chef	Welcome Wagon

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The Foundation has been successfully carrying out its programs in Alberta (Edmonton & Calgary) over the past several years and thousands have experienced the healing benefits of the techniques taught in the Art of Living Programs.

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### PROGRAM DETAILS:

#### The Art of Living Part 1 Course

- Spread over 3 days
- Open to everyone above 18 years
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- Practical knowledge to deal with the daily challenges of life
- Powerful breathing exercises
- Guided interactive processes

Date: April 2nd - 4th, 2010

Time: Fri 6:30pm - 9:30pm, Sat/Sun 10am - 4pm

Venue: German Canadian Club, 2626 - 23 St NE, Calgary

Email: [padmakishoren@gmail.com](mailto:padmakishoren@gmail.com)

Or register online: [www.artofliving.ca](http://www.artofliving.ca)

#### The Art Excel (All Round Training in Excellence) Course

- Spread over 4 days
- Open to children of ages 8 - 13 years
- Yoga, games, breathing processes, meditation, creative sessions help improve their sense of belonging, memory, concentration and level of enthusiasm and dynamism
- Eliminate fear, anxiety, depression and other undesirable emotions

Date: March 27th - 30th, 2010

Time: Sat/Sun 10am - 3pm, Mon/Tue 6:30pm - 9pm

Venue: Art of Living Centre, 528-1, 56 Ave SW, Calgary

Contact: 403.454.0185

Or register online: [www.artofliving.ca](http://www.artofliving.ca)

For a 1 hour FREE introductory session to Part 1 Course on the March 27th, please call 403.397.2971

A recent survey commissioned by Dr. Oetker has uncovered that two-thirds of Gen Y Canadians are looking to spend more time baking and more than 85 per cent of all Canadians believe it is an important activity to teach their kids. **METRO NEWS SERVICES**

# Food

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



## Culinary tips collected

If your method of cooking Italian risotto consists of stirring the ingredients in a pot over a hot stove for what seems to be ages, there is a simpler technique. It can be found in Susan Sampson's 12,167 Kitchen and Cooking Secrets: Everyday Tips, Hints, Techniques and More (Robert Rose, \$27.95, paperback). The Toronto Star food writer offers readers more than 700 pages of food tips and suggestions brought about by new technology. **THE CANADIAN PRESS**

## Liquid Assets

**Peter Rockwell**

metronews.ca/liquidassets

## Spring sipping

**T**alk about March madness. The weather has been so civilized in my neck of the country that I've been out raking some of the leaves from last fall that I've been pretending belonged to my neighbours.

The best thing about warm early spring temperatures is that they give you a head start on cracking open some floral white wines: Ones that mirror the fresh aromas and flavours associated with the season.

Chenin blancs top my list. Long associated with France's Loire Valley and the vineyards of South Africa, the off dry wines made with the grape sadly continue to lose ground to fruitier competition created with riesling and viognier.

Produced in South Africa's Western Cape **MAN Vintners' 2008 Chenin Blanc** (\$11.99 - \$13.99) combines tropical fruit with palate-tingling acidity, making it a nice match with fruit, fish and light chicken dishes.

Chenin blanc may be the only white grape not (I think) in the **2008 Conundrum** (\$24.95 - \$29.29): A mysterious California blend that sports a new label to go along with this latest vintage. Big on exotic fruit flavours, it's a springtime classic.

So goodbye winter, let's just hope Mother Nature isn't getting a jump on April Fool's Day.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

## Personal Gourmet recipe of the month

ROSE REISMAN

# Kid favourites

**My newest book (17th!) titled, Rose Reisman's Family Favorites has just hit the stores.**

I'm so excited about this book because it addresses what we all have to be more aware of and that's bringing our families back to the table to "break bread." Here are a few of my favorite family meals:



Rose Reisman's Mushroom and Spinach Miniature Lasagna Rolls.

### Mushroom and Spinach Miniature Lasagna Rolls

**PREP TIME: 20 MINUTES  
COOK TIME: 45 MINUTES**

Instead of making the usual lasagna, in which leftovers often seem to go to waste, I opted for this version. I love the idea of rolling cooked lasagna sheets to make individual servings. This is a great vegetarian dish that has all the nutrients you need.

**SERVES 4**

### INGREDIENTS:

- 8 lasagna noodles
- 2 tsp vegetable oil
- 1 1/2 cups finely chopped onion
- 2 tsp finely chopped garlic
- 3 cups chopped mushrooms
- 4 cups fresh baby spinach
- 3/4 cup light ricotta (5%)
- 2/3 cup shredded mozzarella cheese
- 1/3 cup grated Parmesan cheese
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 1 1/3 cups tomato sauce (or store-bought spaghetti sauce)
- 3 Tbsp shredded mozzarella cheese

### METHOD:

1. Preheat the oven to 400°F.
2. Bring a large pot of water to a boil. Add the lasagna noodles and cook for about 8 minutes or until the noodles are just tender, stirring often but carefully. Drain and rinse with cold water. Set aside.
3. Lightly coat a large, nonstick skillet with cooking spray, add the oil and set over medium-high heat. Add the onion and garlic and sauté for 5 minutes. Add the mushrooms and sauté for 5 more minutes or just until the mushrooms

are no longer wet. Add the spinach and allow the spinach to wilt, about 3 minutes. Remove the skillet from the heat and add the ricotta, mozzarella and Parmesan cheeses, mustard, salt and pepper.

4. Place the mixture in the bowl of a food processor and pulse on and off until it is uniformly chopped.

5. Pour 1 cup of the tomato sauce into a 9 x 13-inch or 11 x 7-inch casserole dish. Spread about 1/4 cup of the cheese mixture along the length of each sheet. Roll up each noodle and cut in half. Place in baking dish with the ruffled side of lasagna facing up. Pour the remaining 1/3 cup of the tomato sauce over and sprinkle with the grated

mozzarella cheese. Cover with foil and bake for 20 to 25 minutes or just until heated through and the cheese is melted. Serve hot.

### Sweet 'n Sour Chicken Meatballs with Rice

**PREP TIME: 20 MINUTES  
COOK TIME: 30 MINUTES**

Create your own healthy Asian fare at home. By using ground chicken, you reduce the calories, fat and cholesterol of regular ground beef, but feel free to substitute any meat of your choice for the chicken. I like to use the Heinz style of sweet chili sauce for this recipe, since it's not as spicy as Asian chili sauce.

**SERVES 6**

### INGREDIENTS:

- 12 oz ground chicken



Rose Reisman's Sweet 'n Sour Chicken Meatballs with Rice.

- 1/4 cup finely chopped onion
- 2 Tbsp ketchup
- 5 Tbsp seasoned dry breadcrumbs
- 1 egg
- pinch of salt and pepper
- 2 tsp vegetable oil
- 2 tsp finely chopped garlic
- 1/2 cup chopped onion
- 1/2 cup diced red bell pepper
- 2 cup diced green bell pepper
- 1 1/2 cups tomato juice
- 2 cups pineapple juice
- 1/2 cup sweet chili sauce (Heinz)
- 2 Tbsp brown sugar
- 1 Tbsp cornstarch
- 1 cup white rice
- 1 cup water
- 1/2 cup diced pineapple (fresh or canned)
- 3 Tbsp chopped parsley

### METHOD:

1. In a bowl, combine the chicken, onion, ketchup, breadcrumbs, egg and salt and pepper and mix well. With wet hands, form the meatballs, using about 1 Tbsp of the mixture for each. Place on a plate and set aside.

2. In large saucepan, heat the vegetable oil over medium heat. Add the garlic and onion and cook just until

softened, about 3 minutes. Add the bell peppers and cook for another 4 minutes. Add the tomato and pineapple juices, chili sauce, brown sugar, cornstarch and meatballs. Cover, reduce the heat and simmer for 25 minutes, or until the meatballs are cooked through.

3. Meanwhile, bring the rice and water to a boil, then cover and simmer for 10 minutes. Remove from the heat and let stand for 10 minutes, covered.

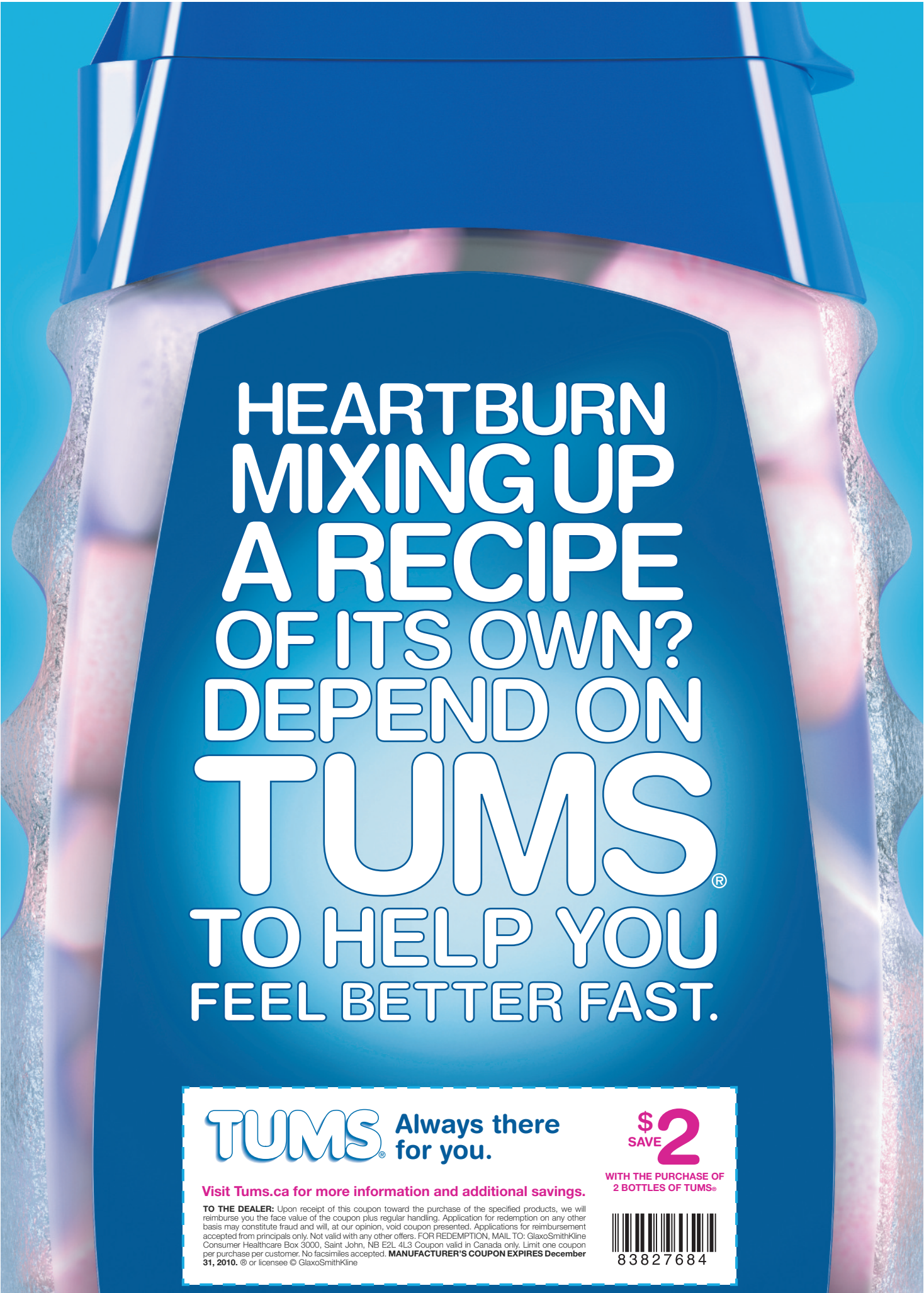
4. Serve the meatballs and sauce over the rice. Garnish with pineapple and parsley.

### About Rose



Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at [roreisman.com](http://roreisman.com) & [personalgourmet.ca](http://personalgourmet.ca)





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The Hollywood Reporter is reporting that Chris Evans has officially been offered the role of Captain America. If the Fantastic Four actor were to accept the role, he would sign on for up to three Captain America movies. **PEOPLE.COM**

# Entertainment

EDITOR: DEAN.LISK@METRONews.ca

## The boy next door

Teen heartthrob Justin Bieber is just too cute to hate

### TheAudioFiles

Bryan Borzykowski

metronews.ca/music

It may be just me, but I really want to hate Justin Bieber. The 16-year-old Canadian kid, in case you've been living under a rock, is one of the biggest musicians in North America right now. He's everywhere — from chatting with Katie Couric and posing for the cover of *Billboard* Magazine to weeks being on Twitter's trending topics list, it's im-

possible not to run into something Bieber.

The oversaturation is not why I want to dislike the skinny, androgynous looking boy from Stratford, Ont., though it doesn't help. The reason? There isn't one — he's hard not to like.

Don't get me wrong, Bieber is obnoxious — he's got an odd speaking voice, sounding like a mixture of Jay-Z, suburban Canuck and cocky teen, and he's not doing anything for his fans' musical tastes, who are stuck singing eye-rolling saccharine pop that sounds like a mixture of Michael Jackson, 'N Sync, and every American Idol winner.

But Bieber's appeal lies beyond his mostly forget-

table melodies — the singer knows how to connect to his audience in a way most acts can only dream of.

What I like about Bieber is that he acts, sings and talks like a teenager, albeit a teenager who has countless adoring female fans and a travel schedule that takes him around the world. He talks about his mom a lot, he's never made it a secret that he was discovered via embarrassing videos of him playing what looks like an oversized guitar on YouTube (he's just really small) and he writes, cleanly, about the same, turbulent, adolescent love that we adults are happy to forget. How can you dislike a guy that sings "adore ya,

girl I want ya... you're my special little lady, the one drives me crazy?"

Bieber's new album, *My World 2.0*, closes with a ballad about seeing his girl out with another guy. "Did you think that I wouldn't see you out at the movies," he sings on *That Should Be Me*, before launching into a gut wrenching (for a pre-teen) chorus about how it should be him "holding your hand." At the risk of sounding condescending, the whole act is really cute.

And that's exactly why he's as popular as he is. More so than Justin Timberlake or New Kids on the Block, Bieber is the boy next door. He's not particularly handsome, he's got a faux-



### Just Married!

Borat star Sacha Baron Cohen has married longtime girlfriend actress Isla Fisher, according to *Women's Day*. The ceremony reportedly took place in Paris, where the two spent a week at the Hotel Ritz. **EW.COM**



Justin Bieber, whose rise to fame has been meteoric, is poised for further success with the release today of his album, *My World 2.0*.

edge that many teenage boys put on for the girls, and he loves to hang out at the mall (or at least perform there). He's wholesome without being Disney — he's the kid who'll grow up to be a doctor or maybe an accountant. For everyone

wondering why this guy is so popular, there's your answer. And you know what? I can't fault him for playing to his audience.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/23/10	267	351	- ACCESS	Alberta Primetime (Live)	(8:06) V "The Arrival"	Lost "Recon" (HDTV)	The Middle (N)	Old Christine	Primetime		
	243	317	3 CFCN	Lost "Ab Aeterno" (N)	Law & Order: Special Victims	American Idol (HDTV) The top 11 contestants perform.	Two/Half Men	Two/Half Men	Metropia		
	-	-	4 OMNI	King/Queens The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Lost "Recon" (HDTV)	Lost "Ab Aeterno" (N)	(11:06) V (N)		
	-	371	5 KXLV	4 News at 6 4 News at 6:30	Entertainment The Insider (N)	Rick Mercer 22 Minutes (N)	Laughs Comedy Fest	CBC News: The National	The Hour		
	245	306	6 CBRT	Wheel Fortune Jeopardy! (N)	The Good Wife (HDTV)	NCIS (HDTV)	The Biggest Loser (N)	NCIS: Los Angeles	News Hour		
	244	338	7 CICT	ET Canada Entertainment	Law & Order: Special Victims	Paranthood "Wassup"	Muse Eden (N) (SC)	Le Téléjournal Nouvelles (SC)	EP Daily		
	246	-	8 CKAL	Law & Order: Special Victims	Virginie (SC) La Factice	Beautés désempées (SC)			TJ Alberta		
	119	705	9 CBXFT	(6) Local Programming							
	-	-	10 SHAW	News Access H.	The Doctors	NCIS (HDTV)	NCIS: Los Angeles	The Good Wife			
	-	372	12 KREM	PBS NewsHour (N)	NOVA (HDTV) (DVS)	Walking With Dinosaurs Arena	Frontline (HDTV) (DVS)	Independent			
	502	390	15 CBC	CBC News: The National	CBC News: The fifth estate	CBC News: The National	CBC News: The National	CBC News: The National	fifth estate		
	-	370	16 KHO	News (N) Millionaire	Jeopardy! (N) Wheel Fortune	Two/Half Men	Two/Half Men	American Idol (HDTV) The top 11 contestants perform.	Paranthood (N)		
	-	373	22 KAYU	The Office Raymond	Pix News at Ten Tong.	Anderson Cooper 360 (HDTV)	Showbiz Tonight	The Joy Behar Show	News		
	297	652	37 WPIX	Melrose Place (N)	Larry King Live (N)	Nancy Grace			Family Guy		
	500	500	29 CNN	The Joy Behar Show					Cooper 360		
	500	502	31 CNN2						Nancy Grace		
	400	400	21 TSN	Poker Curling 2010 World Women's Championship: Canada vs. United States. (Live)					SportsCentre		
	408	418	27 net	NHL Hockey Anaheim Ducks at Calgary Flames. (HDTV) (Live)					Sportsnet Connected (N)		
	417	404	30 SCORE	(6) Court Surfing NBA news, scores and highlights.					Score Now		
	411	457	44 OLN	Oper. Repo Oper. Repo	Ghost Hunters International	Destination Truth	Pass Time	NASCAR Hub	Oper. Repo Oper. Repo	Oper. Repo	
	417	406	48 SPEED	Monster Jam (HDTV) (N)	Dangerous Drives (HDTV)	Pass Time	NASCAR Hub	Race in 60 (HDTV)	Monster Jam		
	552	543	20 YTV	iCarly To Be Indie	iCarly Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	
	557	541	39 FAM	Han. Montana Wizards-Place	Sonny Chance Suite Life	Overruled!	Han. Montana	Latest Buzz	Need's School		
	555	545	67 TOON	Jimmy Two Johnny Test	Johnny Test Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	
	575	583	11 CMT	According-Jim	Home Improve.	Meet-Wilsons	Wilson	Amer. Funniest Home Videos	Reba		
	553	546	17 TREE	Franklin Babar	Little Bear	Toopy & Binoo	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-Lan	
	505	398	19 TWN	(5) EarthWatch One	EarthWatch One						
	602	568	23 W	House-Sell House-Sell	Supernanny	Shopping Bags Grocery Bag	Beauty Call	Style by Jury	Look Good		
	521	560	24 TLC	19 Kids-Count 19 Kids-Count	Table for 12 (HDTV) (N)	19 Kids and Counting	19 Kids-Count	19 Kids-Count	Table for 12		
	603	561	25 FOOD	Hell's Kitchen	Good Eats Good Eats	Restaurant Makeover	Diner, Drive-In	Unwrapped	Hell's Kitchen		
	615	520	26 A&E	Criminal Minds (HDTV)	CSI: Miami (HDTV)	CSI: Miami (HDTV)	(10:01) Criminal Minds		Criminal Minds		
	617	526	32 SHOW	Trailer Park Trailer Park	Relic Hunter	The Perfect Child (2007, Drama)	Rebecca Budge.		Drop-Diva		
	601	562	33 SLICE	Party Mamas Wedding SOS	Wedding SOS Wedding SOS	ET Canada Whatever	Real Housewives of New York		Housewives		
	-	633	34 ENC2	(7-15) The Real Howard Spitz ** (1998, Comedy)	Tango & Cash ** (1989, Crime Drama)				(10:45) Bad Boys (1995)		
	520	505	35 DISC	Destroyed Destroyed	Swamp Loggers (N)	Daily Planet	Destroyed Destroyed	Swamp Log.			
	620	523	36 BRAVO	Johnny Cash: Man in Black	Spectacle: Elvis	Law & Order	Without a Trace	Johnny Cash			
	294	650	40 WPCF	Law & Order: Special Victims	Seinfeld Name Is Earl	Sleepy Hollow *** (1999, Horror)	Johnny Depp.	Sleepy Hollow			
	626	547	41 CDM	Just for Laughs	Air Force 22 Minutes	Corner Gas Name Is Earl	The Simpsons South Park	Fit-Conchords			
	-	539	42 TCM	Rashomon Seven Samurai *** (1954, Action)	Toshirō Mifune, Takashi Shimura, Yoshio Inaba.			Yojimbo (1961)			
	628	584	43 SPIKE	UFC Unleashed	Blue Mountain Players (N)	Ways to Die Ways to Die	Ways to Die	Ways to Die	Players (HDTV)		
	522	516	45 HIST	Ancients Behaving Badly	Ancient Discoveries	Cities of the Underworld	Pawn Stars	Ancients-Badly			
	627	528	46 SPACE	Masters of Science Fiction	Fringe "August"	InnerSpace (N) Stargate SG-1	Star Trek: Next Gener.				
	-	-	47 AMC	(6) The Pelican Brief *** (1993, Suspense)		Something to Talk About ** (1995, Comedy-Drama)	Julia Roberts.				
	619	525	49 TROP	End of Leash Last 10	The Celebrity Apprentice (HDTV) (N)	Dog Whisperer	End of Leash				
	600	564	50 HGTV	Sarah's House Genevieve	House Hunters House Hunters	Holmes on Homes	Sarah's House	Genevieve	Outdoor Room		
	501	591	52 CTV	CTV News Tonight	CTV News CTV News	CTV News CTV News	CTV News CTV News	CTV News	CTV News		
	504	586	10 BNN	Squeeze Play	Business News Commodities	Market Call Tonight	Headline	Commodities	Squeeze Play		
	526	507	92 VIVA	The Closer (Part 2 of 2)	Cold Case	Psychic Inv. Ghostly Enc.	Judging Amy	Missing			
	569	543	93 APTN	Fish Out of Mixed Blessing	Cashing In Rabbit Fall	Pathfinder ** (2007, Adventure)	Karl Urban, Russell Means.	Fish Out of			
	-	94	94 CMC	World News News	My Queen Immortal Yi, So	II Caffe	In Germany Euromaxx	Schauplatz			
	571	581	100 MMM	mmtop10.ca	Maritime Gimme Sugar	G. Simmons Wild 'n Out	Hammertime Gimme Sugar	G. Simmons			
	570	580	101 MM	disBAND Muchmusic Countdown	UR11	MTV Live	Sex, News-Roll	Gossip Girl (HDTV)	Video on Trial		
	581	566	102 MTV	Spring Break Challenges	16 and Pregnant (N)	MTV Live	Spring Break Challenges	16-Pregnant			
	-	-	116 TV5	Partir autrement	ADN: Accel. Nouva	TV5 Le Journal	(9:35) Temps présent	(10:35) Horizons (SC)			

### critics'corner

#### Johnny Cash: A Concert Behind Prison Walls

His Folsom Prison concert was his most famous gig behind bars, but it wasn't the only show the Man in Black did for prisoners. In this performance from 1977, Cash is joined by fellow country singer Roy Clark and pop star Linda Ronstadt. Songs include Cash's "A Boy Named Sue," "Sunday Morning Coming Down" and — of course — "Folsom Prison Blues," as well as Ronstadt's "You're No Good," although singing that to felines seems a bit harsh. 6 PM on BRAVO



#### Paranthood

Adam and Kristina (Peter Krause, Monica Potter) resort to questionable tactics as they investigate Haddie's (Sarah Ramos) secret relationship. Jabbar (Tyree Brown) has an accident under Crosby's (Dax Shepard) watch. Sarah (Lauren Graham) is at a loss about how to deal with Drew's (Miles Heizer) budding maturity. Julia and Joel (Erika Christensen, Sam Jaeger) are reluctant to let Amber (Mae Whitman) baby-sit for them in the new episode "Wassup." 8 PM on CKAL

## Tyson's pigeon show under fire

**TV** An animal welfare group wants New York City prosecutors to investigate Mike Tyson's reality television show about pigeon racing.

People for the Ethical Treatment of Animals says the Brooklyn-based show is cruel to animals and its races could involve illegal gambling.

The show will follow Tyson as he competes in pigeon races. The former world heavyweight champion has raised pigeons all his life but is a racing rookie.

The show airs next year on Animal Planet. A spokeswoman says there have never been plans for wagering on the races.

THE ASSOCIATED PRESS

## Kenya'sStyle

**Kenya Hunt**

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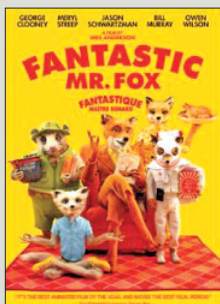


## Run Shia run

Shia LaBeouf ran the Los Angeles Marathon in less than five hours on Sunday. The Transformers actor ran the 26.2 mile race to raise money for charity US VETS in four hours, 35 minutes. **METRO NEWS SERVICES**



## DVD picks



## Fantastic Mr. Fox

Directors: Wes Anderson

**DIRECTOR/WRITER** Wes Anderson and co-writer Noah Baumbach make a few modest changes from Roald Dahl's eponymous source novel about a furry chicken thief, but they remain faithful to Dahl's good spirit and sense of wonder.

At first glance, it's somewhat puzzling that Anderson, a dedicated hipster Texas filmmaker now living in chic Parisian exile, would be attracted to Dahl's veddy British bedtime story. But the mystery is resolved

soon. Mr. Fox, voiced by George Clooney, is as hip as they come.

As we join the story, Mr. Fox is having a vulpine mid-life crisis. He's a successful and snappily dressed newspaper columnist, loyal spouse to Felicity (Meryl Streep) and devoted father to son Ash (Jason Schwartzman). But he's no longer happy living in a hole and wants to relocate to fancier digs in a hilltop tree and he's eager to return to a life of "pure wild animal craziness."

His lawyer Badger (Bill Murray) warns him the tree is within shooting distance of the farms of Boggis, Bunce and Bean, "three of the meanest, nastiest, ugliest farmers in this valley." Mr. Fox is undeterred. He plans the proverbial "one last big job" both to replenish the larder and to prove he still has foxy cojones.

With an engaging story, painstaking retro stop-action animation, an agreeably perverse soundtrack and dreamy colour palette, Fantastic Mr. Fox is a crowd pleaser for all ages.

Extras include numerous making-of features about the film and backgrounders on the world of Dahl, including one called A Beginner's Guide to Whack-Bat.



## The Blind Side

Directors: John Hancock

**SUPSICIONS THAT** Sandra Bullock received her recent Best Actress Oscar as a career achievement award rather than more immediate recognition are amply borne out by this schmaltzy hit.

It's the feel-good motivation sports tale of rich white southerner Leigh

Anne Tuohy (Bullock), who takes impoverished and illiterate black youth Michael Oher (Quinton Aaron) into her family, to nurture the amazing football skills she's knows are within him.

Were it not based on a true story, that writer/director John Hancock has dressed up just a bit, the "liberal guilt" aspect of the film might be too much to take. Even knowing there is a real Tuohy doesn't make The Blind Side any less cavity-inducing, or utterly predictable in its narrative arc.

Still, it must be said that Bullock excels at this kind of character and the film actually plays better on the small screen than it did on the big one. It seems like a "Movie of the Week" that successfully made a Hail Mary pass.

The extras on the plain DVD are limited to deleted scenes. The Blu-ray version offers a chance to see Bullock with the real Leigh Anne Tuohy, and to marvel at how much they are alike.

Peter Howell/for Metro Canada

## Jackson hands Hobbit to del Toro: Designer

One of Peter Jackson's frequent collaborators says the Lord of the Rings director passed the torch to Mexican filmmaker Guillermo del Toro to give the trilogy's two-part prequel, The Hobbit, a fresh look.

After the huge success of the Rings series, Jackson is now working on adapting the J.R.R. Tolkien fantasy novel that takes place before the trilogy.

But this time the Oscar-winning New Zealand filmmaker is producing and working on the script, relinquishing directing duties to Del Toro, whose credits include Pan's Labyrinth and the two Hellboy movies.

Longtime Jackson collaborator, art designer Richard Taylor, says he thinks his friend gave up the director's chair "probably because he's spent so long in Middle Earth ... and probably felt a director such as Guillermo could bring something passionate and unique and original and new to the content for the

sake of the fans," referring to the imaginary world where the novels are set.

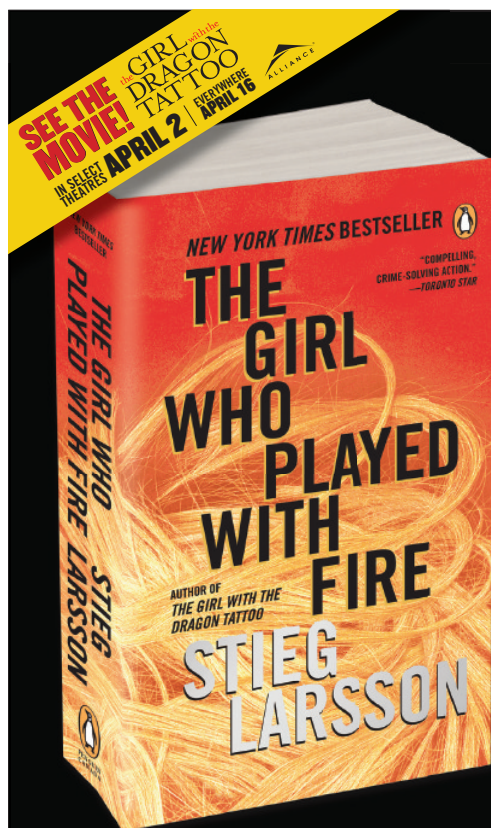
"It's an absolute delight to be working with Guillermo Del Toro. We've all enjoyed his craft as seen in Pan's Labyrinth and the Hellboy movies.

"His unique esthetic and storytelling style brings a lovely esthetic to the world and one we're enjoying being part of," Taylor told The Associated Press yesterday in Hong Kong, where he is attending a digital entertainment conference at the technology park Cyberport.

The Weta Workshop president said his team has started designing the landscape and characters in The Hobbit, but that he was unclear when shooting on the New Line Cinema production will start in New Zealand.

"We're just patiently waiting for it to begin. It's been in early development for a while. I'm sure it will get going some time soon," Taylor said.

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Josh Duhamel and his wife Fergie will be parents one day. Just not yet, people.com reports. "We'll go there are some point," he said at the ShoWest convention in Las Vegas, while promoting his movie Life As We Know It. **METRO NEWS SERVICES**

## Celebrity Buzz

### Idol wants Conan

**HOPEFULLY SIMON GIVES HIS TAKE ON NBC AND LENO** The Hollywood Reporter's Live Feed is reporting that Conan O'Brien was approached to appear on the special American Idol episode, Idol Gives Back on April 21.

Though it would appear O'Brien can't accept given his settlement



terms with NBC that prohibit him from making any TV appearances before May 1, the offer is still an intriguing development in the ongoing talks with Fox about a potential late-night show for O'Brien on the network, adds Entertainment Weekly.

O'Brien's 30-city comedy tour — called the Legally Prohibited From Being Funny on Television Tour — includes a number of Canadian dates.

**METRO NEWS SERVICES**

### Brangelina, Depp playdate

**JUST A SHORT TRIP TO ITALY TO SEE YOUR FRIENDS** Talk about a power playdate. On Sunday, Brad Pitt and Angelina Jolie took four of their kids — Maddox, Pax, Zahara and Shiloh — to John Depp's

house in Venice, Italy. Depp, 46, who has two kids, Lily-Rose and Jack, with longtime partner Vanessa Paradis, us-

— magazine.com reports. Jolie, 34, and Depp, 46, are currently shooting the dramatic thriller The Tourist.

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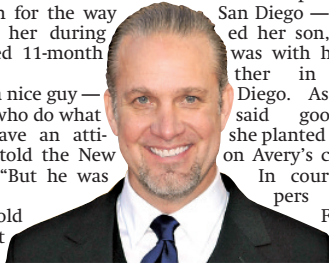
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## McGee says James is a gentle, nice guy

**YEAH AS LONG AS YOU AREN'T MARRIED TO HIM** Jesse James' alleged tattooed mistress Michelle McGee hasn't been in contact with the biker, 40, since news broke of their affair last week, us-magazine.com reports. But over the weekend, she praised him for the way he treated her during their alleged 11-month affair.

"He was a nice guy — most guys who do what he does have an attitude," she told the New York Post. "But he was gentle."

But she told the Post



right now she is more concerned about a custody battle with her ex-husband Shane Modica over their five-year-old son, Avery.

On Saturday, McGee — who reportedly has returned to work at the Pure Platinum Strip Club in San Diego — visited her son, who was with his father in San Diego. As she said goodbye, she planted a kiss on Avery's cheek.

In court papers filed Friday,

Modica asked for temporary and legal custody of the boy, whom he said was in danger in light of McGee's sex scandal.

"If she sees Avery, she will bring these curiosity seekers and glory hounds down on herself and Avery, totally confusing him and frankly scaring him," Modica wrote in legal papers. A judge denied Modica's request.

Meanwhile, James (who's still wearing his wedding ring) returned to work at West Coast Choppers over the weekend. Bullock, 45, is still M.I.A.

**METRO NEWS SERVICES**

## Neeson 'heroic': Egoyan

**A HERO ON AND OFF THE SET** Liam Neeson has been called "heroic" by Chloe director Atom Egoyan, femalefirst.co.uk reports.

Neeson was working on the movie alongside Julianne Moore and Amanda Seyfried when his wife Natasha Richardson died after a skiing accident. Despite troubles in his private life, the actor re-

turned to work to complete the movie Chloe.

Speaking to Contactmusic the director said: "We tried to protect him. No one knew when exactly he was coming back, but he was nothing less than heroic, especially considering the story."



"He wasn't forced to come back. No one tried to talk to him about what happened. He's an amazing man."

Since the death of his wife the actor has thrown himself into work and has a string of projects on the horizon. He will next be seen in Louis Leterrier's remake of Clash of the Titans, in which he takes on the role of Zeus.

**METRO NEWS SERVICES**

## Doherty arrested ... again

**AND HERE IS ANOTHER SHOCKER, IT'S DRUG RELATED** Pete Doherty has been arrested on suspicion of supplying drugs to dead heiress Robin Whitehead, femalefirst.co.uk is reporting.

The 31-year-old Babyshambles rocker attended a police station volun-

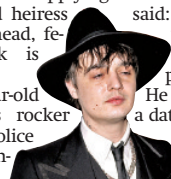
tarily to face the charges on Friday.

A spokesman for the London Metropolitan Police said: "A 31-year-old man was arrested on March 19 on suspicion of supplying controlled drugs. He was bailed to return on a date in April pending further inquiries."

Whitehead had

been working on a documentary about Doherty before she died of a suspected overdose in an east London flat on Jan. 24. Doherty previously admitted he visited the property the day before and the day after she died but claimed he stayed at his home in Wiltshire in between those times.

**METRO NEWS SERVICES**



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### CelebTweets

**LINDSAY LOHAN** doesn't appreciate her dad talking to the press, **LILY ALLEN** is experiencing technical difficulties, **STAR JONES** is trying to enjoy her time in the hospital, and **JIM CARREY** doesn't know what to tell his girlfriend.

@lindsaylohan my father is a liar, and whatever new weekly magazine is, is all false! typical tabloid(s).

@lilyroseallen TalkTalk. 5 months subscription, 300 quid in phonecalls and still no Internet. please send engineer! Meannies.

@StarJonesEsq Thank you for all the good wishes and prayers...I feel them all. By the way...who knew ice chips could taste like steak! hahahahaha

@JimCarrey no joke...Jenny wants to know why some guys cheat on their women, for her new book on sex. anybody?

**METRO NEWS SERVICES**

### Naomi embarrassed about past actions

**BUT THEY ARE THE ONLY REASON PEOPLE STILL TALK ABOUT YOU** Naomi Campbell is taking the opportunity of her upcoming 40th birthday for a bit of reflection and introspection, admitting she's embarrassed by some episodes from her past.

"I'm human. I make mistakes," she tells Live magazine. "I'm not proud of the things I've done and the incidents that have happened in my life, and I would never say I was."

**METRO WORLD NEWS**



**WHETHER IT'S CSI OR CSU, THE CS STANDS FOR THIS**

Watch **JEOPARDY!** tonight at 7:30 for the answer.

Following Wheel of Fortune at 7pm

Yesterday's answer: What is Thriller.



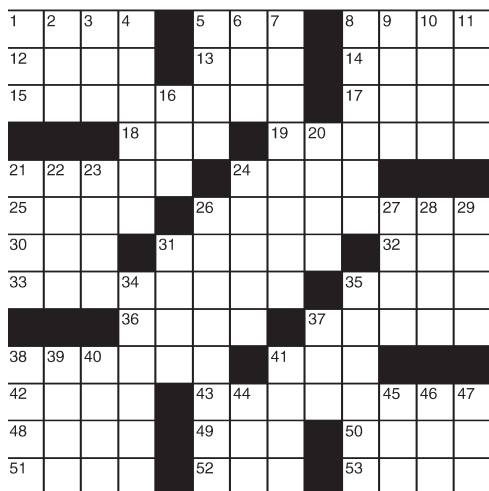


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**Take Five**



**ACROSS**

- 1 Hook point
- 5 Conclude
- 8 Data, for short
- 12 Concept
- 13 Hawaiian garland
- 14 Harvest
- 15 Favorable spots for viewing
- 17 Slime
- 18 Bart, to Homer
- 19 Put in cans
- 21 Wan
- 24 Mata —
- 25 Urban disturbance
- 26 Melodic jewelry holder
- 30 Carte lead-in
- 31 Kinds
- 32 Gorilla
- 33 Sports page grid
- 35 Small songbird
- 36 Oodles
- 37 Gladiatorial venue
- 38 Actress Hedy
- 41 Palindromic Turkish title

- 42 Addict
- 43 TV, slangily
- 48 Squad
- 49 Turf
- 50 Sharpen
- 51 Wild and crazy
- 52 Ram's mate
- 53 Raced

**DOWN**

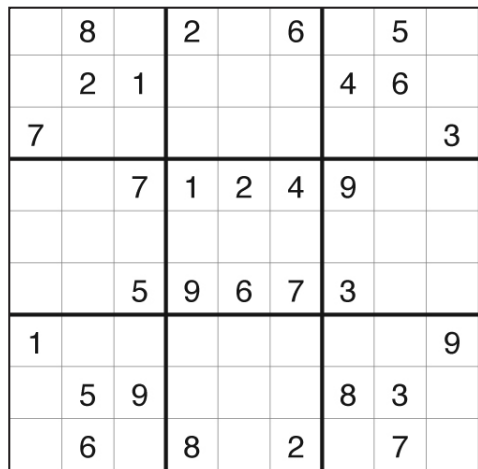
- 1 Tucker's partner
- 2 Commotion
- 3 Tyrannosaurus
- 4 Hound type
- 5 Verve
- 6 Badminton barrier
- 7 Aversion
- 8 Kind of funny
- 9 Night light?
- 10 Disconcert
- 11 Newspaper page
- 16 A billion years
- 20 Rainbow
- 21 Bedouin
- 22 Missile shelter
- 23 Welles' "War of the Worlds,"

- e.g.
- 24 "Step on it!"
- 26 Twilight occurrence
- 27 Naked
- 28 Tournament format
- 29 TV's "Warrior Princess"
- 31 Wound reminder
- 34 Smugly ingratiating
- 35 Angers
- 37 Past
- 38 Figure skating jump
- 39 On the briny
- 40 Intend
- 41 Staffer
- 44 Part of DJIA
- 45 Jazzy style
- 46 Inseparable
- 47 Crossed (out)

**Sudoku**

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**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**

OFF	PATHE	SPY	8	2	6	5	1	4	9	7	3
PAL	IBSEN	QUA	3	5	1	9	8	7	2	4	6
SQUA	NDERS	UMP	4	7	9	3	2	6	5	8	1
RIO	BICEPS		7	1	3	4	6	2	8	9	5
CUSTOM	SLOE		5	6	4	8	9	3	1	2	7
ESQ	NEW	EAGLE	9	8	2	1	7	5	6	3	4
DEUS	NOT	TEEM	6	3	5	2	4	9	7	1	8
IDITOM	WEB	EAU	1	9	7	6	3	8	4	5	2
GLEE	CLASPS		2	4	8	7	5	1	3	6	9
WAGONS	HUP										
ILL	SQUIRRELS										
DUE	CURER	LAP									
EMS	HENRY	MBA									



**Horoscopes by Sally Brompton [sallybrompton.com](http://sallybrompton.com)**

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**ARIES**  
**MARCH 21-APRIL 20**  
You take a more relaxed and balanced view of life, which in turn enables you to get what you want without causing friction or making enemies.

**TAURUS**  
**APRIL 21-MAY 21**  
Just because one person has let you down does not mean that everyone is going to let you down. Try not to be too critical of other people today.

**GEMINI**  
**MAY 22-JUNE 21**  
Listen to your instincts: they won't let you down. The experts may tell you one thing but it is your inner voice you must trust.

**CANCER**  
**JUNE 22-JULY 22**  
Be nice to the people you work with. You may resent the fact that some of them are lacking in talent and motivation but they are different for a reason.

**LEO**  
**JULY 23-AUG 23**  
The reason why certain new ideas look less threatening than they did a few days ago is because you are beginning to understand what they are all about.

**VIRGO**  
**AUG 24-SEPT 22**  
Today you have to deal with an annoying situation without allowing yourself to get annoyed by it. Take the long view and stay calm.

**LIBRA**  
**SEPT 23-OCT 23**  
Venus is moving through the relationship area of your chart, which means others will see the best in you even when your behavior is at its worst.

**SCORPIO**  
**OCT 24-NOV 22**  
Routine tasks will bore you today, but they have to be done so you are advised to get your head right and get on with them.

**SAGITTARIUS**  
**NOV 23-DEC 21**  
The planets indicate there is only one of what you want, so you had better make sure you are first in line. A more dynamic approach is a must today.

**CAPRICORN**  
**DEC 22-JAN 20**  
If someone you have not been getting along with lately says nice things about you today you will be suspicious about it. But there is really no need.

**AQUARIUS**  
**JAN 21-FEB 18**  
Someone who may not be able to say how they feel in words will find another way to express their love. Are you listening?

**PISCES**  
**FEB 19-MARCH 20**  
Why the big rush? Why the long face? Slow down for a minute and allow yourself to see that what you think is so urgent is nothing of the sort.

**Metro Recipe of the Day**



**Smoked Salmon Pancakes**

**INGREDIENTS:**

- 1 1/4 cups 1% milk
- 3/4 cup sour cream
- 1 tsp lemon juice
- 2 eggs
- 4 scallions, chopped
- 2 large sprigs fresh dill
- 2 cups all-purpose flour
- 125 g smoked salmon trimmings, cut into fine strips
- Canola oil
- Snipped chives, to garnish

**METHOD:**

1. Use fork to whisk 2 tbsp sour cream and lemon juice into jug of milk. Pour half into blender. Add scallions and eggs; blend 1 minute. Add dill and flour; blend until smooth with pieces of scallion and chopped dill. Add remaining milk mixture and blend. Stir in 50 g salmon and season with black pepper.

2. Preheat oven to 300°F.

Heat frying pan to medium hot; add oil and swirl to coat. Spoon in 2 tbsp batter to make pancake 3 1/2 in. across. Make two or three more, spacing slightly apart. Cook until small bubbles appear on surfaces and tops are dry. Turn over and cook about 1 minute. Remove from pan and keep warm in oven on baking sheet. Repeat for remaining batter.

3. Put teaspoon of sour cream in centres of pancakes, then top with slivers of smoked salmon and garnish with chives. Serve.

**SERVES 4**



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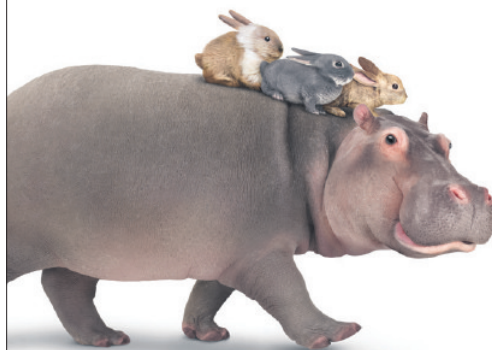


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5 - 2008 33rd Ave. SW

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# Hold on tight, Calgary.

You're on Alberta's biggest, fastest mobile network.\*

\*Comparing HSPA/HSPA+ national networks: "fastest" according to tests of data throughput speeds in large Canadian urban centres, and "biggest" based on geographic coverage and population covered. © 2010 TELUS.